

How to take care of your feet every day.



Foot problems can get worse quickly and because of this, it is important to check them everyday.



A good opportunity to check your feet is in the morning before you put your socks on.

Or at night when you take them off ready for bed.



Have a good look, are there any changes? If you notice anything different, tell a parent or your doctor straight away.



Eat well and keep active. This is a great way to manage your glucose levels, which will reduce your risk of complications with your feet.



Take care of your toenails. Cut your toenails regularly but not too short and be careful not to cut your skin. Use an emery board to smooth the edges and clean gently with a nail brush.

Wash your feet daily.



Clean with soap and water and don't forget in between the toes. Take care to dry your feet properly otherwise it's easy for the skin to become sore.



Moisturise your feet every day. This will keep your skin healthy but be careful not to put cream between your toes as the moisture can cause problems.



Make sure your shoes fit properly. If your shoes or socks are too tight, too loose or rub your feet, it's important not to wear them. Shoes that don't fit well can cause a lot of problems.



If you notice a problem with your feet, get it seen as soon as you can to prevent it getting any worse.

