

Benji's Simple Guide to Sizing

Sizing is a minefield! We totally appreciate that and with the help of Barefoot Benji we have created a simple step-by-step guide to make things much easier for you to measure from home



1

Measure in Centimetres

Sizing is so difficult because there is no standard size structure for all brands. To overcome this we measure all shoes in centimetres & advise you do the same with your children's feet. You can then use the UK size conversion table on our site to find the right shoes.



We advise that you ignore any current shoe size or measurements from another source as they can cause confusion.



2

Measure your Feet

The easiest way to do this is by using our new measuring device, which is available to purchase on our website. Follow the instructions on the device to get a centimetre measurement for the length of your child's feet.



3

Growing Room

The amount of growing room you need to allow for depends on the age & size of your child, how confident a walker they are & the type of footwear you are buying. As a general rule we advise;

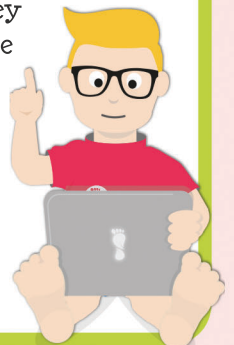
Shoes/Trainers 0.8cm - 1cm

Boots/Wellies 1.0cm - 1.5cm

Sandals 0.5cm - 0.8cm

New Walkers 0.5cm - 0.8cm

Older/Larger Feet 1.0cm - 1.2cm



4

Measuring Width

There isn't an accurate technique for measuring width at home, so it is best to use your own judgement. As a general guide, you would probably know if your child had very narrow or very wide feet. If they don't, a medium width shoe is a good place to start and then you can judge from the fit if you need more or less space.



Need help? Please email us some images of their feet & we will be happy to help!



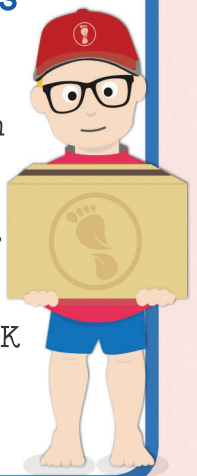
5

Select your Shoes

Using the centimetre measurement, the growing room & the width, you can browse our website to find the perfect pair! There are many different ways to search (brand, width, footwear type, size etc) & all shoes are listed with the manufacturers size first. We then state the centimetre measurement & UK equivalent in brackets.



Don't forget to use our UK size conversion table on our website to help with the search!



Happy Little Soles

The natural choice for children's barefoot shoes

Top Tip

We offer free returns on all UK orders so if you are unsure which size to get, we advise ordering various sizes & widths, returning the ones that don't fit.