

# FOOTNOTES

*“Health Care Tips  
On The Feet”*

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## BABY FEET

The human foot is one of the most complicated parts of the body. It is comprised of 26 bones and is laced with ligaments, muscles, blood vessels, and nerves. Because the feet of young children are soft and pliable, abnormal pressures can easily cause deformities.

A child's feet grow rapidly during the first year, reaching almost half their adult size. This is why foot specialists consider the first year as the most important in the development

of the feet.

Here are some suggestions to help you assure that this development proceeds normally:

- Cover the baby's feet loosely. Tight covers restrict movement and can retard normal development.
- Provide an opportunity for exercising the feet. Lying uncovered enables the baby to kick and perform other related movements which prepare the feet for weight bearing.

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