

## PALS SCHOOL SUPPLY LIST 2017/2018



- 1 plastic duotang with an inside pocket
- 1 binder (1.5")
- 1 paint shirt – must be long sleeved and big enough to fit over outfit
- 2 glue sticks (preferably purple glue as it is easier for children to see)
- 1 bottle of white glue
- 1 pair of indoor running shoes (labelled with name) – see attached note from Physical Therapist
- Backpack (labelled with name)
- Lunch Kit (labelled with name)
- Water Bottle (labelled with name)
- Change of clothes (underwear, pants, shirt, socks) to be left in the classroom
- 1 5x7 family photo to be put up on our photo shelf (a hard copy or an electronic copy emailed to teacher)
- If your child is in pull-ups, please send one package of pull-ups as well as two packages of wet wipes. The PALS staff will let you know when they need to be refilled.

## What to look for when buying a good shoe for your preschool child:

-Light weight

-Proper fit, the heel should not be sliding up in the shoes when they walk or run, a bit of space in front of the toe is fine as long as the shoe can be kept in place with the laces or straps.

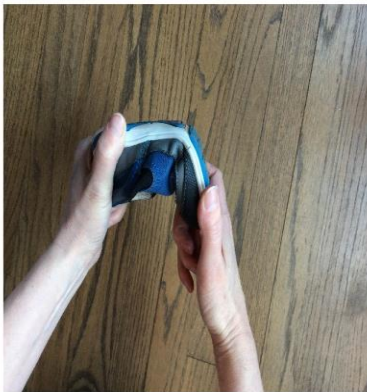
-Should be able to fasten snugly on the foot either with laces or Velcro, of course Velcro is more likely to be able to promote independence

-Look for a wide toe box that allows there toes to wiggle they shouldn't be squeezed together. Especially important for a child with a wide foot.

-Skid resistant soles. Look for a soft rubber sole avoid hard plastic

-Flexible in the midsole or across the ball of the foot, when you bend the shoe heel to toe it should be possible, a shoe should have minimal flexibility when you it bend along the long axis, or twist the heel and toe in opposite directions.

Good



Avoid shoes that are too flexible



Additional features to look for if your child's feet are flat, as pictured on the left :



- Ideally a shoe will also have a supportive heel counter or cup. There should be a firm piece that you can feel in the heel of the shoe that will help hold the foot in a proper alignment. More likely found in a runner.

- Kids arches are still developing up until 6-8 yrs of age. Time in bare feet is beneficial in letting them work on those intrinsic muscles in there feet. It is however nice to give them support when out of the home and a shoe with an arch support or an insole that provides arch support may be beneficial. Some brands that offer more support are: Stride Right Surprise, Ecco. Geox, Kio Trend, New Balance, Brooks, Keen, Asics

Recommendations Provided by: Shayna Hallberg Pediatric Physiotherapist