

Sensory Smart Store

Sizing Guide

SmartKnitKIDS® Seamless Sensitivity Socks

Crew Fit (to fit to mid calf):

Small (S)	Infant to size 3 (Eur 20)
Medium (M)	3 to 7 (Eur19-24)
Large (L)	7 to 11 (Eur 24-30)
Extra Large(XL)	12 to 3 (Eur 31-36)
Extra Extra Large (XXL)	4 to 7 (Eur 37-40)

These socks have no heel pocket so as the foot gets bigger, the sock just gets slightly shorter over time. For Ankle length buy one size smaller than shown above, for Knee length two sizes larger.

SmartKnitBIGKIDS® Seamless Socks

For bigger kids with sensitive feet.....

Small fits shoe size	3 to 6.5 (Eur 35 to 39)
Medium fits shoe size	7 to 9 (Eur 40-43.5)
Large fits shoe size	9.5 Plus (Eur 44+)

As with all truly seamless socks - if you want a longer sock try the next size up, or for shorter socks the next size down. These socks are also useful for wider shoe fittings.

Pex Cotton Rich Comfort Toe Tights

Age	Height	Age	Height
2-3	95cm	11-13	152cm
3-5	105cm		
5-7	120cm	Larger Sizes	
7-9	130cm	Teen	36"
9-11	140cm	Ladies	36"+

Pex Comfort Toe Socks

Age (years)	UK Shoe Size	Euro Shoe Size
2-3	6-8.5	23-26
3-6	9-12	27-30
6-9	12.5-3.5	31-36
10-14	4-7	37-40
14+	7-11	40-45



“Help!!!! I’ve got these special socks but cant get my child to try them.” Don’t lose hope, you’re nearly there!!

Find extra tips on our links and resources pages. We recommend introducing the socks at a time when there is no pressure for your child to keep them on (eg. bedtime after shower). First explore with hands to show no seams/flat seams, then put on foot for count of ten and, crucially, take off before asking how it felt. This takes all the pressure off for skin-sensitive children and often they will then be happy to lay the socks they’ve chosen out for ‘school run tomorrow’. *Read more & download a free incentive chart at www.sensorysmart.co.uk...*

For some children it is necessary to
‘de-sensitise’ the feet

before attempting to put socks on, it’s just ‘too much’ of a change in sensation otherwise.



Here are some things you can try out:

1. Jumping up and down on the spot - can be tied in with a song or made part of the routine, and it’s FREE!! Yay!
2. A foot massage - extremely sensitive kids will need to do this themselves. If your child is happy for you to do all the pampering we find some prefer soft pressure, some need a proper kneading. Get as much feedback as you can.
3. You can use textured stepping stones or foot rollers for kids who don't like skin to skin touch.
4. Speak to an OT about the Wilbarger Protocol, if you don't have an OT please let your child brush their own feet to avoid overstimulation.
5. Foot spa. A bit of a pain as part of the school run routine, but works really well for some, and reduces anxiety too if you pop a relaxing aroma in the water.



Find out more at www.sensorysmart.co.uk...

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