

## Tips For Selecting The

## Right Pregnancy Footwear



Measure your feet right before purchasing the shoe for the most accurate size.

Choose the larger size if your foot size falls between two sizes.





Ensure the shoes are made of breathable fabric and material.

Consider softer and pliable shoes that easily adapt to changes in your feet.





Buy shoes with low and wide heels, while avoiding excessively high heels.

Select shoes with ample arch support and cushioning.





Avoid shoes with tight straps or components that can pinch the feet.

Pick lace-less slip-on shoes for easy wearing and removal without bending.





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