

### Starting To Walk...

- Most children start walking around the age of **12 months**. If your child is not walking by age 18 months, seek medical advice.
- Children are usually flat footed and bow-legged when they start to walk.
- They may also have an in-toe walking position.

### Keeping Moving...

- After the age of **2-3 years** children will often start to develop a foot arch.
- They may also go from being bow-legged to being knock-kneed around this time.
- It is still normal for children to have an in-toe walking position at this stage.



- Many children will go through a period of walking on tip toes. There is no need to worry unless they cannot put their heels to the ground.
- Children should be able to jump by the time they start school.



### Getting Bigger...

- By the age of **4-5 years** children should be able to hop, skip and walk up and down stairs like an adult.
- By the age of **6-7 years** many children will have outgrown an in-toeing or knock knees position.
- Many will now have developed a foot arch, but some will naturally have a low arch foot into adulthood.

### But remember...

- Children do not reach a fully adult walking position until they are around 9 years old. Some children will continue to show signs of in-toeing or knock knees into their early teens.
- If your child is in pain or the appearance of their limbs is asymmetrical, seek medical advice.



More information can be found at:

**<https://children.movebettergwent.nhs.wales/>**

**This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg.**