



— WHAT'S IN YOUR KID'S SHOES

NON-TOXIC CHILDREN'S SHOES

Many popular children's footwear brands are filled with harmful chemicals that could impact your child's health — phthalates, lead, parabens, and VOCs. Here's why it matters, and how to make better choices.



01 HARMFUL TOXINS IN CHILDREN'S SHOES

THE CHEMICALS

Phthalates, lead, parabens, and VOCs are common in popular shoes.




LEAD

Often found in the pigments that make shoes bright and colorful.




VOCs

Come from the glues and synthetic materials used in shoe production.

02 EFFECTS OF TOXINS

-  These chemicals can be absorbed through the skin, which is semi-permeable.
-  They disrupt hormones, cause brain fog, and lead to cognitive issues.
-  They can contribute to other long-term health problems in children.

03 GOOD SHOE PRACTICES

-  Look for shoes with wide toe boxes to prevent foot issues like hammer toes.
-  Avoid flip-flops, which can lead to long-term foot problems.
-  That "new shoe smell" is often a sign of harmful VOCs.

 TRUSTED PICKS

NON-TOXIC SHOE BRANDS

NOAH

ALLBIRDS

VIVO BAREFOOT

BOBUX

CARIUMA

NAE

VEJA

SORBASS