





# HOW SHOULD A LEOTARD FIT?

## How should it fit?


 The leotard should be snug, fitting like a second skin, with no excess material.


 Ensure the leotard has been pulled up properly onto (but not above) the hip bones.


 The leotard should not be digging in to your child's shoulders but should also not be baggy in this area.

 If seams are stretched, try the next size up. If the leotard is wrinkling, try the size below.

## Why should it fit this way?

 A leotard should fit snugly for both aesthetic AND safety reasons.

 A snug fit is designed to allow freedom of movement, ensuring the clothing does not limit performance.

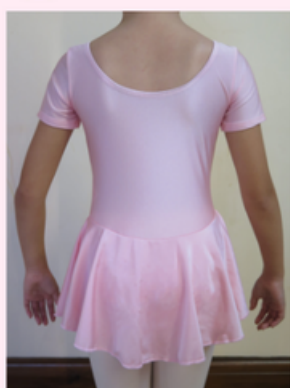
 If a leotard is too big and baggy, the teacher cannot see any postural/alignment problems or offer corrections. This can impede your child's progression as a dancer and put them at greater risk of injury.

## How should it look?





 Correct Size


 Too large



## Why does my child say it doesn't fit?

 Generally, children are not used to wearing close fitting clothing so may say the leotard feels too tight.

 If you are unsure, ask your child's teacher to check the sizing. They have years of experience and will ensure your child's leotard fits correctly.

 Remember that leotards are made of Lycra which is designed to stretch with the movements of the body. This means they will also stretch as your child grows.

# HOW SHOULD BALLET SHOES FIT?

## How should they fit?



Correct  
Size

The correct size should be comfortable with no excess material at the toe & allow the toes to extend fully. The drawstring shouldn't need to excessively pull in the shoe to fit the foot correctly. This means something is wrong with the fit - length or width.



Too  
small

Shoes that are too small can be uncomfortable and unhealthy for feet forcing them into unnatural positions. If the big toe joint is bent, then the shoes are too small.



Too  
big

Shoes that are too big can be dangerous. They can form a trip hazard and allow the foot to rest in unsupported positions (e.g. rolling in). This is something the teacher cannot see/correct if there is excess material.



## Why should they fit this way?



Ballet shoes should be supportive and flattering to the dancer's feet.



Ballet shoes are arguably the most important piece of dancewear to fit correctly.



Much like outdoor shoes, unsuitable or poorly-fitting ballet shoes can adversely affect your child's foot health.

## Why might my child say they don't fit?



Generally, children are not used to wearing close fitting shoes so may say the shoes feel too small or too tight.



If you are unsure, ask your child's teacher to check the sizing. They have years of experience and will ensure your child's shoes fit correctly.



Remember that ballet shoes aren't necessarily the same size as outdoor shoe sizes.