

What is the parent's role during the fitting?

Encourage your daughter to listen to the fitter's questions and answer them as specifically as she can, and to speak up about any discomfort or questions she has. Talk with her ahead of time about how the shoes should feel: snug and supportive but not painful or pinching. (See page 8 to learn how pointe shoes should fit.)

Before the fitting, you might practice communication by teaching your daughter to point to the places where a shoe feels uncomfortable, or "wrong" in any other way, or to use her hands to demonstrate what her feet are feeling (the hands and feet have similar bone structure).

Prepare your daughter and facilitate communication when necessary. Otherwise, step back and be an observer during the fitting.



What is the teacher's role in pointe fitting?

Teachers can help you find a reliable fitter, and some teachers arrange and/or attend first fittings for their students. An expert pointe teacher knows how pointe shoes should fit and work with the feet, and that different dancers need different pointe models. Most teachers require students to bring their first pointe shoes for approval before wearing them; do not sew ribbons onto the shoes, or allow them to be worn or get soiled, before the teacher has approved them. Along with you and the fitter, the teacher is an essential part of your daughter's support team. When everyone works together, she has the best chance of success on pointe.

