

Pregnancy Footwear

Written by Victoria Fouts

Maternity wear is becoming more and more stylish these days. Doesn't footwear deserve the same treatment? Kelly Malone, Director of PR at Famous Footwear gives the rundown of the best shoes for expecting moms.



With the joys of pregnancy come the less than desirable side effects. One common problem women face during this time is finding comfortable yet stylish footwear that looks great while still supporting the extra weight of a growing little one. For too long, style has been sacrificed for comfort during those long nine months; but now, designers are revealing helpful alternatives that show women that they can still look great and feel good too. All of the following styles can be found at Famous Footwear.



Fergalicious Mosley



Sperry Intrepid

Casual Shoes

For the everyday trips and daily wear, these shoes quickly become a ladies best friend. The versatile style allows them to be worn anywhere, anytime. It's easy to find them in different colors, prints, and patterns. Swelling feet, a familiar ache for pregnant women, have room to expand in this style of shoe.



What's What Speechless



Naturalizer Leanna

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Casual Sandals

Take a break from your high heels and dress up a cute pair of sandals instead! This style of shoe can easily make the transition from day to night. Comfort foot beds found in certain types of sandals can help keep the foot relaxed.



Women's Nike Dual Fusion



Sketcher's GOwalk

Athletic Shoes

There is no reason to completely stop your fitness routine while pregnant and now shoes won't hold you back. Pregnant women are encouraged to stay in shape (check with your doctor for specifics!) and can find great support for both feet and back with athletic shoes. New lightweight construction and beautifully bold designs are appearing everyday so women can show off their style inside the gym and out.

What to Avoid

- During pregnancy women should try to avoid high heels and opt for flatter, safer alternatives. Smaller heels, two inches or below, are usually alright but should be worn sparingly and with caution. If heels are absolutely necessary to complete an outfit, try wearing wedges or platform heels; these styles can help rebalance the weight onto the soles of your feet.
- In Arizona most people save their boots for the winter, but if you just can't live without them find ones with a side zipper option to make getting them on and off easier.
- Always keep in mind that not only the stomach expands during pregnancy! Feet have a tendency to swell also so set aside any narrow shoes and purchase some wider footwear that will provide more comfort room. Keep an eye out for less rigid shoes that can stretch a little and accommodate a growing foot size. Pointy toed shoes should also be stored away until after the pregnancy. Sharply pointed footwear can cut off circulation by squeezing the toes, resulting in worsened swelling.