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Toddler Quirks: Shoes

By Teresa Kolvek

Most women I know love shoes. We love to shop for them, and we're always checking out each other's shoes. Finding that perfect pair is like a little slice of heaven.

Even so, I was amazed to find that my 17-month-old daughter already has a shoe obsession! That's right – she's starting early. My husband and I first noticed her fondness for shoes two or three months ago, when she began refusing to wear certain ones. I'd bring her the green pair, and she'd shake her head and say "no!" Then I'd get out the pink ones and she'd be all smiles, delightedly grabbing for them and holding up her feet for me to buckle them on. That was phase one.

Phase two began when she discovered that she can remove her shoes all by herself. This is fine, except when we're in the car, navigating through rush hour traffic, and she is screaming bloody murder because she's taken off her shoes and then dropped them on the floor of the back seat, where Mommy would have to be a contortionist to be able to reach them.

Phase three is where she began putting on Mommy and Daddy's shoes and walking around the house. She absolutely loves to do this. Sometimes she even demands that we remove our shoes so that she can put them on her own feet. Occasionally I'll oblige, pretending to put her tiny little sneakers on my own feet in exchange. This is side-splittingly funny to her.

Phase four – she discovers shoe shopping. Now, anytime we are in any shoe department, she'll grab a pair she likes off the display shelf. She then proceeds to sit on the floor, remove her own shoes, and try to put on the new ones. Of course, they are never the right size, so we almost always end up dragging a screaming and kicking barefooted toddler out of the store (to the great amusement of the other shoppers, I'm sure).

Now we are in phase five. In addition to everything else, she now has the ability to put on her own shoes. She doesn't know the left from the right, and she can't fasten them, but she can do it! She always has a nice little glow of pride when she accomplishes this trick, and we always clap and cheer her on.

Toddlers are such amazing little people. Every new day is an adventure, a comedy routine, and a real learning experience!

Teresa Kolvek and her husband, Tony, are the proud parents of a beautiful and spirited toddler named Amelia. Visit Teresa's website at

<http://www.toddlerdish.com>

for great information, tips, and recipes for toddlers.

Comfortable Bowling Shoes Can Make Your Game

By Anne Morris

There are really only two needed items to play the game of bowling. The first is the ball and the second is the bowling shoes. You don't need to own either of these as it is standard practice to rent them at the bowling alley. However it won't take you long to realize that most serious bowlers have their own ball and bowling shoes.

The reason for that is fairly simple when it comes to the bowling shoes. And if you have ever used rented bowling shoes, you probably can well understand why. If the bowling shoes do not fit properly then it is distracting. If you have your own pair of bowling shoes then they become an extension of your feet, they fit properly and feel good and you get used to their little quirks and the way they glide on the lane.

If you are new to bowling you may not even realize that special shoes are mandatory. They are because of the gliding motion one makes when approaching the lane and releasing the ball. Regular tennis shoes cannot give that glide.

In fact, when it comes to bowling shoes, each shoe is designed differently as they function independent of each other. One shoe is glossy smooth so it gives the bowler a flawless glide. The other shoe has a stickier sole so it acts as a brake to stop the glide.

This is why bowling shoes not only come in various sizes but also come in a designation of left and right. A right handed bowler will want the brake shoe on the opposite foot than a left handed bowler would wear it.

If you have to rent your bowling shoes at the alley, chances are you will not get to select left or right handed bowling shoes. This is another major reason that anyone who loves to bowl on a regular basis will purchase their own shoes.

Bowling is one of the most popular games in the world and it is a game of utmost precision. Your bowling shoes must be lightweight and fit properly so that you can tell right away if your stance is off. If

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your foot happens to be positioned improperly, it can ruin the chance for a strike.

Bowling shoes today are much more fashionable than in times past. They look more like sneakers. Of course you can still buy the more traditional appearing shoe. In fact, bowling shoes come in a wide variety of styles and colors as it isn't the outward appearance of the shoe, but rather the sole which plays an important part in the game of bowling.

Bowling shoes must be cared for properly and never worn outside of the bowling alley and certainly never worn on the street. You can buy bowling shoes at a major sporting good store or through your local bowling center. You can actually shop online for bowling shoes too. That way you can get an idea of what is available and the price range. But it is always best to try them on before you buy. You can't really tell how well they are going to feel and fit until they are on your feet. And since bowling shoes are vitally important to your ability to be able to bowl with precision, you want to take the effort to get the best shoes possible.

Anne Morris provides articles on

<http://www.morebowling.com>

. You can find more of her work at the

site

<http://www.central-darts.com>

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