

# Promise Card

Make a Promise That May Save Your Child's Life

## My Promise to My Child:

I want to protect my children from serious head injury. I promise to buy bicycle helmets for my children and require they wear them every time they ride bicycles. Further, I promise to set a safe example by wearing a bicycle helmet every time I ride.

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Parent/Guardian's Signature

Date

## Child's Promise Reminder:

I promise to wear my bicycle helmet every time I ride a bicycle.

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Child's Signature

Date

## Making Your Bicycle Helmet Promise Work

- Fill out the bicycle promise reminder. When you get home, put it where it will be a constant reminder, such as on the refrigerator door.
- Let your child choose her or his own helmet and make sure it fits properly.
- Set an example for your child by wearing a helmet every time you ride a bicycle.
- Make it a family pact to wear helmets whenever riding bicycles. Encourage friends to purchase and wear helmets to help keep their families safe.
- Make a rule and enforce it with all who are in your care: No helmet... No bicycling.
- Reward your child until he/she gets into the habit of always wearing a bicycle helmet.