

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.

Parent/Guardian's Signature

Date

Child's Promise Reminder:

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

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.



U.S. Department of Transportation
**National Highway Traffic Safety
Administration**

