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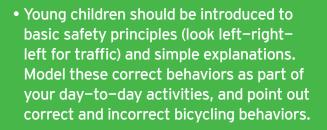
Tips to Increase Your Child's Bicycle Safety

It is fun and good exercise to ride a bike. However, there are important rules for keeping children safe. Their best protection is to wear a properly fitted bicycle helmet, and have a good grasp of traffic safety rules.

Child Bicycle Safety Tips for Parents

- Choose a bike that lets your child sit on the seat with his or her knees straight and feet flat on the ground.

- Make sure that when your child straddles the bike, there are at least one or two inches of space between the child and the top bar.

- In low−light conditions, make sure your children wear brightly colored clothing and reflective materials. Their bike lights should work and they should use them.

- Young children should be introduced to basic safety principles (look left−right− left for traffic) and simple explanations. Model these correct behaviors as part of your day−to−day activities, and point out correct and incorrect bicycling behaviors.

Your Child's Bike Helmet Is Important

- Insist that children of all ages wear a helmet while biking. Make it a rule: No helmet, no riding.

- Use the foam pads inside the helmet to make sure the helmet fits snugly. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

- Make sure the helmet sits level on the head, low on the forehead with no more than two finger width above the eyebrows.

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- While the helmet is sitting flat on your child's head, make sure it doesn't rock from side to side.

- Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. If possible, lock the slider.

- Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

- Encourage helmet use by letting your child choose the helmet. Explain that a helmet is "just part of the gear," like football, skiing or hockey equipment.

- Make sure toddlers wear the right helmet when they first ride a tricycle or play vehicle. Toddler helmets are lightweight and come down low at the back of the head for extra coverage. Starting early helps form good habits.

- Set a good example by always wearing a helmet when riding a bike and by following the rules of the road.

- If your child is involved in a crash, replace the helmet – even if there's no obvious damage.

Think SAFE
Ride SAFE
BE SAFE!

A TRAFFIC SAFETY PROGRAM

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