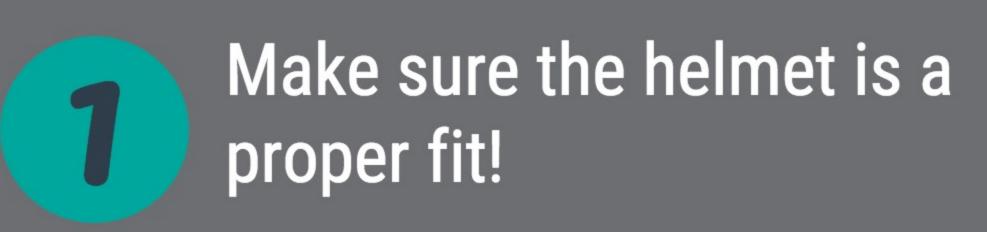
Tired of Frustration and Fears? Follow These Steps to Help Kids Find Their Gears!

Every child should enjoy life on two wheels



- Room for no more than 2 fingers on the forehead
- 1 finger of space under the chin strap
- Side straps should lay right below the ear



Frequency and duration! Go often for short amounts of time and always end on a high note.



Start young children on a balance bike to avoid training wheels. Be sure to purchase a balance bike with adjustable seat and stem.





When teaching beginners, find a flat surface such as a tennis court. This will decrease both stress and risk for a new rider.



When transitioning to a pedal bike, remove the pedals at first. Take the pedals and a pedal wrench with you so that when the child feels ready to try biking with the pedals you can put them on.



to be characters from kids' favorite book or movie to help them find the joy in spending time with

you.

If a child wants to walk up hills initially, let him/her! The key is that children set goals to bike further up the hill next time. Celebrate the little successes by reminding beginners how good it feels to meet a goal.

