

Tired of Frustration and Fears?

Follow These Steps to Help Kids Find Their Gears!

Every child should enjoy life on two wheels

1 Make sure the helmet is a proper fit!

- 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.

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



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

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5 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.



6 Design games to make it fun. Pretend to be characters from kids' favorite book or movie to help them find the joy in spending time with you.

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7 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.

