



## Safe Bicycling Starts Early

When a child receives his or her first tricycle or bicycle, a lifelong pattern of vehicle operation is begun. A bike is not just a toy, but a vehicle that is a speedy means of transportation, subject to the same laws as motor vehicles.

### Training Children in Proper Use of Their Bicycles

1. Parents should set limits on where children may ride, depending on their age and maturity. Most serious injuries occur when the bicyclist is hit by a motor vehicle.
  - a. Young children should ride only with adult supervision and off the street.
  - b. The decision to allow older children to ride in the street should depend on traffic patterns, individual maturity, and an adequate knowledge and ability to follow the “Rules of the Road.”
2. Children must be provided with helmets (approved by the Consumer Product Safety Commission [CPSC]) and taught to wear them properly on every ride, starting when they get their first bike or tricycle.
3. The most important “Rules of the Road” for them to learn are
  - a. Ride with traffic.
  - b. Stop and look both ways before entering the street.
  - c. Stop at all intersections, marked and unmarked.
  - d. Before turning, use hand signals and look all ways.
4. Children should never ride at dusk or in the dark. This is extremely risky for children and adults. Your child should be told to call home for a ride rather than ride a bike.
5. Children should receive training in bicycle riding, including “Rules of the Road,” and should have their privilege with the bike withheld if they ignore safety rules or don’t wear a helmet.
6. Children should learn how to keep their bikes in good repair, with parents checking the tires, brakes, and seat and handlebar height annually.

From Your Doctor

(over)

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



**Dear Parent:**

Your child is old enough to start learning how to prevent injuries. The games below are designed to help him or her think about safety. Read the messages with your child and talk about them. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other about these safety messages. Make safety a big part of your lives.



**Bike Safety**

Always wear a



when you ride your



Get the Helmet Habit!

E	H	T	E	M	L	E	H
H	E	L	E	M	H	E	T
E	L	E	H	M	E	T	M
T	M	M	T	H	L	E	L
E	E	H	E	L	M	E	T
M	T	E	M	L	E	H	H
L	H	E	L	M	T	T	E
E	M	H	E	L	M	E	T
H	E	L	H	H	E	T	M

Directions: Can you find the word "HELMET" in 9 different places (any direction)?

1. When turning or stopping,

2. LOOK both ways,

3. Always ride

4. Always stop at

5. When you ride on the sidewalk

6. Riders must always

at street corners and driveways.

STOP signs and the curb.

wear their helmet.

watch out for people.

always use hand signals.

with the traffic, to the right.

**"Rules of the Road"**

teaches you to ride your bike safely.

Directions: Here are 6 important "Rules of the Road." Draw a line from the first part of the rule to the correct ending to complete the sentence. The first one is done for you.

