



# Beginning bikers

Choose a bike that is the right size for your child.



It's tempting to buy a bike for your child to grow into but a bike that is too big will be hard for your child to control. So do this simple check to see if the bike is right.

- Can your child stand straddling the top bar (boy's bike) so that both feet are flat on the ground? There should be 2 to 7cms of space between your child and the top bar.
- Can your child reach the handlebars without having to stretch their arms?

## Beginning cycling

Young children should start out learning to ride their bikes in a safe spot where they won't hurt themselves or others. A paved school yard on the weekend, the footpath or a path in the local park would be best.

Watch your child as they practise riding their bike even in these relatively safe areas.

Make sure your child learns to turn and stop properly. Children should ride slowly and look ahead for cars pulling out of driveways as motorists are not expecting bicycles on footpaths. Teach them to watch out for pedestrians and other footpath users.

## Show your child how to look after their bike

- Make sure the seat, handlebars and wheels fit tightly.
- Check and oil the chain regularly.
- Check the brakes to make sure they work well and aren't sticking.
- Check the tyres to make sure they have enough air and the right amount of tyre pressure.

Show your child how to play the Safe to ride game on the SDERA website at [http://www.det.wa.edu.au/ccmldn-theme-assets/\\_ccm\\_/themes-prod/sdera/flash/road\\_safety\\_games/index.html](http://www.det.wa.edu.au/ccmldn-theme-assets/_ccm_/themes-prod/sdera/flash/road_safety_games/index.html)



Thank you for playing a vital role in your child's road safety education.