



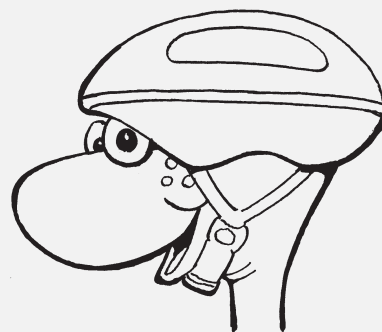
Helmets hug heads

When it's time to buy your child a bike and helmet – don't buy one for your child to 'grow into', buy one that fits your child now. If it's too big and loose, it can move or slip off when your child falls off their bike or hits something.

Follow these steps to help you buy a helmet that is the right size for your child



- Place your palm under the front of the helmet and push up and back. The helmet should not move. If there is a slight amount of movement the pads provided by manufacturers can be attached to the inside of the helmet. Use the thicker pads to get a snug fit then as your child grows replace these with the thinner pads. If you find the pads do not give a snug fit, try another helmet design as models can vary.
 - Check the bicycle helmet you have selected has been approved and is displaying the Australian Standards AS/NZS 2063 sticker.
- If you've ticked all of the above – your child's set to go!**
- Be a good role model and always wear your helmet when you go out riding with your child. The earlier young children learn why it is important to wear a bike helmet the more likely they are to continue wearing them as they grow older.
- Be firm in laying down the 'no-helmet-no-bike' rule and set a good example by wearing a helmet yourself.
- Carefully measure your child's head using a tape measure. The tape measure should sit just above their eyes and ears.
 - Check the helmet sizes listed on the display boxes. Find a helmet that best suits your child's head measurement.
 - Place the helmet on your child's head checking that it fits snugly – not too tight or too loose.
 - Check the helmet is lightweight – not too heavy for your child's head and neck to carry.
 - Adjust the straps and do up the buckle. It should sit straight on your child's head.



Download a *Helmets hug your head* colouring sheet at http://www.det.wa.edu.au/ccm-ldn-theme-assets/_ccm_/themes-prod/sdera/flash/road_safety_games/pdf/lzzy02.pdf

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