



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.

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American Academy of Pediatrics

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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

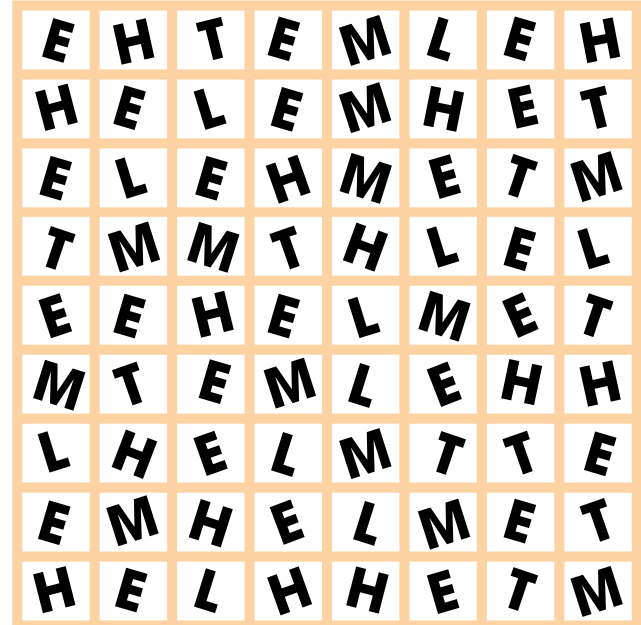
Always wear a



when you ride your



Get the Helmet Habit!



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

"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.

1. When turning or stopping,

at street corners and driveways.

2. LOOK both ways,

STOP signs and the curb.

3. Always ride

wear their helmet.

4. Always stop at

watch out for people.

5. When you ride on the sidewalk

always use hand signals.

6. Riders must always

with the traffic, to the right.

