

LEARNING TO RIDE

MY CHILD IS STRUGGLING TO FIND THE PEDALS/ CAN'T GET MOMENTUM.

If your child is struggling to find the pedals and get moving, try and find a sloped surface as this will assist them with momentum. On a sloped surface, practice putting one hand on their shoulder or back to stabilise them and another on the very back of their seat. Help propel them forward, assisting with momentum and giving them time to find the pedals. Repeat until your child is confident finding and using the pedals.

CAN MY CHILD RIDE ON THE FOOTPATH?

Children under 12 years and an accompanying adult can ride on all standard footpaths.

IS MY CHILD'S BIKE TOO SMALL?

If your child's knees are bent when sitting on the bike with their feet on the ground, you may need to adjust the seat (move the seat upwards). If the seat cannot be adjusted any further, the bike may be too small. Your child's knees should not bend uncomfortably when riding.

DO YOU RECOMMEND TRAINING WHEELS?

Bike's with training wheels tend to be very heavy for young children, which makes it incredibly hard to balance. Balance bikes are generally a lot lighter and easier to learn on than bikes with training wheels.

WHAT IS COMPULSORY ON MY CHILD'S BIKE:

At all times:

- Helmet and bell

At night:

- White light (flashing or steady) on the front
- Red light (flashing or steady) on the back
- Red reflector on the back
- The lights must be visible from 200 meters and the reflector visible from 50 meters.

SHOULD GIRLS AND BOYS HAVE DIFFERENT BIKES?

From a specific riding point of view, the difference in the girls or boys shape design has absolutely no impact on functionality.

YOUR QUESTION NOT ANSWERED HERE?

Please email us at ride2school@bicyclenetwork.com.au