

# Tips for teaching your child to ride a bike

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## Get Riding

Find a smooth grassy slope with a level area at the bottom to create easy momentum on a bike. Find an area that is free of people or obstacles. Sealed surfaces have less friction, making it easier for your child to pick up speed. They can be good once the basics have been established, or if you cannot find a grassy slope.

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### Step 1: Gaining balance

Instruct your child to put their feet on the pedals when coasting down the slope, and to start pedaling when they feel ready. Encourage them to keep pedaling when they reach the bottom of the slope to see how far they can go.



### Step 2: Learning to stop

Once your child has learnt how to balance on a bike, you'll need to introduce them to the brakes. You may find it helpful to refer to our Ride2School 'Learn to Ride 4 - Brakes' video, or YouTube to get a feel for what's involved.



### Step 3: Turning

Practice turns by riding in circles on a flat area.



### Step 4: Starting & stopping

Move to a sealed surface so they can practice stopping and starting the bike. Show your child how to put one foot on the raised pedal (power position) and place the other foot on the ground. Teach them to push down on the raised pedal and lift the opposite foot onto the lower pedal to continue the forward momentum.



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There will be a bit of trial and error, and a few rest breaks before you see some results. When a training session stops being fun, it's time to call it a day. Don't forget to teach your child how to walk with their bike. Show them to walk on the left side of the bike and hold the handlebars, or place their left hand on handlebar and right hand on seat.