



Riding a bike – Easy learn method



Bumps and bruises can be minimised if the child wears long trousers and shirts with long sleeves, and a stout coat that is not too long.

- 🚲 Practice at the weekends and during holidays when things are more relaxed and the child is less tired from school.
- 🚲 Practice all the safety steps: getting on/off bike, gently squeeze both the brakes to stop, look where you are going.
- 🚲 Drop the saddle so that the child's feet can rest flat on the ground. This increases feelings of security for children with poor balance. Remove any stabilisers, if attached to the bike.
- 🚲 It will help to take the pedals off at first, and let the child push the bike with their feet, while their balance and confidence improves. Starting the child off on a gentle slope will help. Encourage the child to lift their feet and move a short distance whilst holding their balance. Start with a straight line, and then when the child gains confidence, they can start trying to turn whilst 'freewheeling' down the slope – to turn, a little more speed will help. Ensure they avoid braking when they are turning where possible, as this will unsettle their balance.
- 🚲 It is a little easier for children to balance on bikes with wider tyres.
- 🚲 Encourage the child to be independent with the bike – pushing it, putting it away.
- 🚲 Try not to hold onto the child, but if you need to run alongside, make sure you stand a little behind the child and hold loosely onto the back of their coat (not saddle) so as not to disrupt their balance on the bike, but you can stop them falling. They won't then notice when you let go.
- 🚲 Once the child is able to 'freewheel' down the slope and can turn slightly, and is more confident, the pedals can then be re-introduced. Avoid raising the saddle till they are more confident.