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# Use Your Head, Wear a Helmet

Riding bikes is a fun and great way for your child to exercise. Learning safety rules should be the first step when you are teaching your child how to ride a bike. The American Academy of Pediatrics gives 6 simple safety in their article, *Training Children in Proper Use of Their Bicycles*.

1. Set boundaries on where your child is allowed to ride, depending on their age and maturity.
  - Young children should not ride without adult supervision.
  - Allowing your child to ride in the road should depend on traffic patterns, maturity of the child, and knowledge and the ability to follow "Road Rules."
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. Children must know and follow "Road Rules."
  - Ride with traffic.
  - Stop and look both ways before entering the street.
  - Stop at all intersections, marked and unmarked.
  - Before turning, use hand signals and look both ways.
4. Children should **never** ride at dusk or in the dark. Night riding requires special skills and equipment.
5. Children should understand all "Road Rules" before riding their bike and have the privilege of riding taken away if rules are ignored.
6. Children should learn how to keep their bikes in good repair, with parents; checking the tires, brakes, seat and handlebar height.