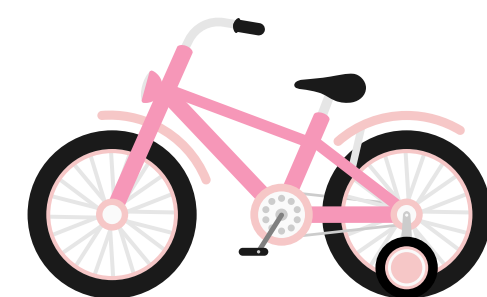




TIPS FOR TRIKES AND BIKES



SIZING

Things to look for:

- Child can get on trike/bike easily
- They can touch the ground with tiptoes when sitting on seat
- Their feet can be placed flat on pedals

SUPPORT OPTIONS

- Adapted pedals to hold their feet in place (close supervision needed)
- String or parent handle to so you can help them move

GETTING STARTED



- Start on a smooth surface - flat or *slight* down-hill
- Focus on pedaling to start, steering comes later
- Use your hand to push down gently through one knee, then the other to show them how to push the pedal *down* to move *forward*

SAFETY

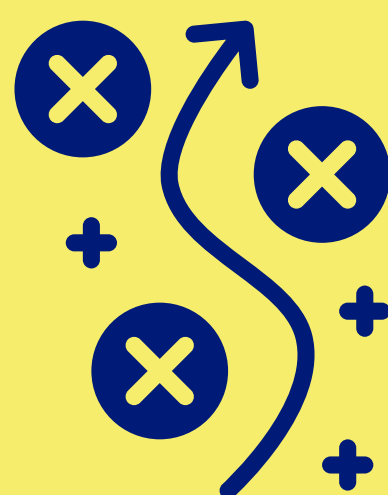
- Always wear a helmet!
- Stay close during the learning period



BACKING UP

- Can be easiest to learn when they are “stuck” (ex: against a wall)
- Many find it easier to go backward than forward
- Help them push backward using your hand to push their knee in a backwards motion

STEERING



- Stand beside or behind the child, use hand-over-hand technique to help them steer
- Remind them to look where they want to go
- Once they get the idea of steering, set up an obstacle course to help them practice going around things

