

Bike Riding

INTRODUCTION

This leaflet contains advice regarding supporting your child with learning to ride a bike.

Most children can ride a tricycle well, by the age of 3. The majority of children usually learn to ride a bike sometime between the ages of 3 and 8, with an average of just over age 5.

If you feel that your child is showing readiness for riding their bike without stabilisers, then please use this leaflet for advice.

Before learning to ride a bike please ensure that the equipment is in good working order and that the brakes are working. Also ensure that your child has a well fitted helmet.

Top Tips

- A balance bike may be a good starting place instead of a bicycle with stabilisers
- If using a bike, take the pedals off and lower the seat, to have it act like a balance bike before moving onto using pedals
- Make sure your child can sit on the bike with both feet flat on the ground
- Encourage your child to look straight ahead (rather than down at their feet) to help them keep balanced
- Pick a suitable location—a quiet location that has a mix of flat and slightly sloped areas is ideal
- Stay calm and encouraging throughout

Links / Useful Websites

- <http://www.bikehub.co.uk/featured-articles/teaching-your-child-to-ride-a-bike/>
- <http://www.sustrans.org.uk/change-your-travel/children-and-families/cycling-kids/teaching-your-child-ride>
- <http://www.ibike.org/education/teaching-kids.htm>

Other Useful Leaflets

- Balance

NHS Tayside Child Health Occupational Therapy Service

File Path: Child Health AHP/OT/Tayside/Pre-Ref.Workstream/Pre-Ref.Advice Sheets

STAGES OF BIKE RIDING	ACHIEVED
I can put on my helmet	
I can walk with my bike and push it in a straight line	
I can push my bike around corners	
I can use my brakes while off my bike	
I can get on my bike by myself (adult holding the bike)	
I can get off my bike (adult holding the bike)	
I can use my brakes while sitting on my bike	
I can sit on my bike and scoot (using feet on the ground) in a straight line	
I can scoot and lift my feet then push either foot to get faster	
I can lift my feet off the ground for a moment when scooting	
I can sit on my bike and scoot around corners	
I can scoot down a slight slope and brake safely	
I am ready for pedals	
I can put my foot on pedal for push off	
With someone holding the bike, I can push off with one foot on the pedal and get the 2nd foot on the other pedal	
I can pedal in a straight line (with someone holding the bike)	
I can stop, by using my brakes	
I can pedal in a straight line (with someone holding the bike)	
I can pedal once someone pushes me off	
I can push off, pedal in a straight line and stop safely by myself	

Extended Bike Skills	ACHIEVED
STAGE	
I can cycle around a wide corner by myself	
I can cycle between 2 line of cones (or similar)	
I can cycle in/out of cones	
I can cycle down a slight slope and brake safely	
I can cycle over bumpy ground	