

Cycling Safety for Students

Let's stay safe together



Teaching your child to ride a bike

It is a great feeling when your child first learns to ride a bike. But how can you help them achieve this important milestone?

Here are some useful tips based on information from AustCycle (austcycle.com.au):

Starting slow

It is always a good idea to start slowly when teaching a child to ride.

If your child is quite young, you may wish to invest in a balance bike. These are bikes which are low to the ground and do not have pedals or training wheels. Children straddle the bike and use their feet to scoot along. Balance bikes help to develop a child's natural ability to stay balanced.

If your child is a little bit older, or you already have a regular bike, you can remove the pedals from a regular bike and lower the seat to make a balance bike. This is a good option as it allows them to learn about braking and steering as well as balancing.

Once your child has mastered balancing, you can move them to a proper bike or reattach the pedals.

Practise, practise, practise

Whatever sort of bike your child is learning to ride, they will benefit from lots of practise. You can practise in your driveway, on a bike path or in a large carpark when it is empty and safe to do so.

The more they practise, the faster they will learn. During practise is also a great time to introduce safety lessons.

Moving on

Once your child has learnt how to steer and brake properly, you can encourage them to ride down gentle hills. Start at the top and let your child roll down. Ensure you start slowly and build up to steeper hills.

Perhaps let someone else teach your child

Sometimes, as a parent, you might become nervous or anxious while teaching your child to ride. If this is the case, it can affect your child too. In this situation, it might be a good idea to step back and ask another family member or friend to teach your child.

Set an example

Ride with your child whenever you can. Follow all the rules and model safe riding behaviour. Children will copy what they see.

Be patient and end positively

Each child is different so remember to be patient. Learning to ride can be physically and mentally tiring for your child, so stop and take a break if you need to. Also, make sure that each lesson ends with positive feedback for your child.