

## May is Bike Safety Month

Learning to ride a bicycle is a milestone for many children. This issue of MLC Family Minutes is designed to highlight the ways to help you prepare your child for a safe enjoyable bike riding experience.

### Why is bike riding an important skill for a child to learn?

According to mac-ride.com, bike riding can help with bone and muscle development and can help children with their self-confidence and mood. Learning to ride a bike is also great for a child's hand-eye coordination. All in all, riding a bike benefits a child's physical and mental health and development.

### When should your child start learning how to ride a bicycle?

The first thing to consider is whether your child is interested in learning to ride. Once that has been established, think about whether they can follow directions. Are they able to pedal and would they be able to balance, steer and pedal at the same time?

The average age for learning to ride a bike is 5 years old. Still, young children can start to develop biking skills by using a tricycle and being under close supervision.

## Safety First!

Bike riding like any other sport activity does require a certain amount of safety gear. Depending on your child's ability to ride they might need training wheels, knee pads, elbow pads and a helmet.

Here is a link to more information on how to select a helmet:  
<https://www.rei.com/learn/expert-advice/bicycle-helmet.html>



## MLC May Family Minutes

A resource from our family to yours



## Bicycle riding benefits everyone.

It is recommended that everyone, even children, have 60 minutes of vigorous activity daily. Bicycle riding offers this while reducing stress on the body that other forms of exercise might cause due to higher impact.

Being able to ride a bike also provides a sustainable form of transportation for those too young to drive or even adults seeking to reduce their carbon footprint.

As parents you often are seeking an activity for the entire family, which can be a challenge due to ages or skills. Biking allows for all members of the family to participate in a fun family activity.

## Safety Whistles for All!

Riding a bike does come with risk. Often drivers of motor vehicles are distracted and do not see a young bicyclist on or near the road. We are sending each of our students' home with a safety whistle. We recommend that whenever your child is on their bike, they learn to blow their whistle before and while crossing a driveway path or road to ensure that drivers know they are there and to be looking for them.

## Fun Family Book

This month we are highlighting the book *Everyone Can Learn to Ride a Bicycle* by Chris Raschka. This a wonderfully written and illustrated book about the steps to learn how to ride. The pages are full of colors and the message is clear about persistence and reward for trying and getting back up when you fall.

<https://www.penguinrandomhouse.com/books/213410/everyone-can-learn-to-ride-a-bicycle-by-chris-raschka-illustrated-by-chris-raschka/>



## Making sure the helmet fits!

Knowing your child has the right helmet is important. Here are the basic tips to fitting a helmet for you or your child.

1. The helmet should sit level on your child's head. It should not tilt.
2. The bottom of the helmet should be 1-2 finger width above their eyebrow.
3. The chin strap should be snug but comfortable and it should form a V shape at the earlobe.
4. When attempting to move the helmet from side to side it should not move.

## Resources

<https://mac-ride.com/blogs/news/why-kids-need-to-learn-how-to-ride-a-bike>

<https://www.superhealthykids.com/kid-fitness/teaching-toddlers-to-ride-a-bike>

<https://guardianbikes.com/blogs/around-the-block/when-do-kids-learn-to-ride-a-bike>