



BIKE TIME

It's summer break!

Let's go ride bikes!

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Bike riding is a great form of exercise and bonding time for children with family and friends! The transition from training wheels to a two wheeler bike is a big milestone. Here are some tips to assist your child in making the transition smoother and getting them up and moving on two wheels!

1. The Bike: remove the training wheels and lower the seat so your child's feet are flat on the ground. You can remove the pedals if you would like, but not necessary.

2. Moving: find a smooth or slightly declined surface, whether it be the road or grass, for your child to use their feet and push themselves, while sitting on their bike. Moving both feet together, challenge them to push and lift feet off the ground and coast for 3 seconds, then 5 seconds, maybe 10 seconds! This will help your child become more comfortable with their balance on the bike and still be able to place their feet flat on the ground when they need.

3. Pedaling: once your child becomes comfortable balancing on the bike with their legs off the ground, have them keep one foot on the ground and push through a pedal positioned around 2 o'clock. Beginning with the pedal at the 2 o'clock position will allow your child to push better and begin the forward movement of the bike. Once the bike is moving, encourage your child to place the other foot on the pedal and to 'keep pedaling.' Providing positive encouragement will decrease any apprehension and assist your child in continuous movement; making it easier to balance!

