

## HELPING YOUR CHILD TO RIDE A BIKE



Physiotherapy Advice

# Steps to riding a bike

Many children struggle to ride a bike. The reason for this may be that he/she has poor core stability, balance or coordination.

These children often “give up” quickly in other physical skills or demanding tasks leading to frustration and lack of confidence.

The advice in this leaflet will help to develop his/her bike riding skills.

1. Remove stabilizers. Most stabilizers are attached with 15mm nuts. Once removed the nuts **must** be replaced on each side- they hold the wheel on!



2. Remove the pedals and chain if necessary (keep these somewhere safe).

3. Adjust the seat to the lowest setting – all seat posts are loosened and adjusted where the seat post meets the bike frame. A quick-release lever at the base of the seat post can be opened and adjusted by hand.



4. Encourage your child to “walk” while sitting on the saddle.

5. When your child is confident enough to steer and lift their feet clear of the ground the pedals and chain can be replaced.

6. The stabilizers **should not be put back on** as your child will have developed sufficient balance and coordination to start to pedal

“HAPPY CYCLING”

