

by your side for bike safety



Make sure the helmet fits.

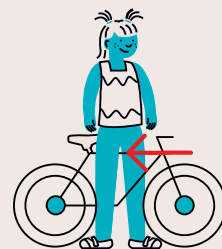


You want it to be snug, not floppy. It can be easier to adjust if it's not on your child's head.

did you know?

By wearing a helmet, you can reduce bike-related head injuries by up to **85%**!

Make sure the bike fits.

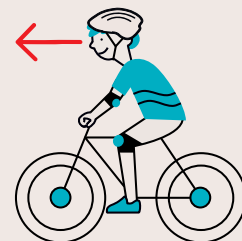
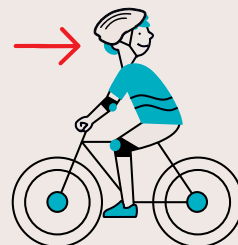
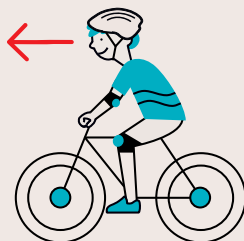


When your child stands over the bike, there should be at least 1-2 inches of space between their body and the top bar.

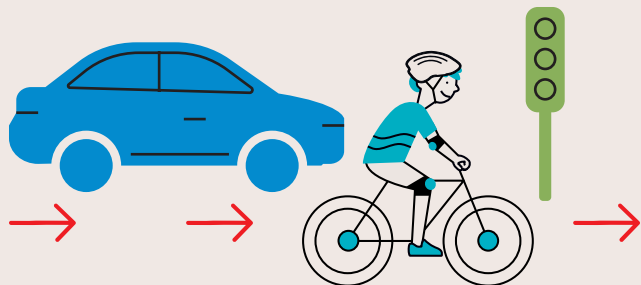
Use crosswalks.

Always cross the street at the crosswalks and never between cars. **Before crossing**, teach your child to:

- Look **LEFT**
- Look **RIGHT**
- Look **LEFT** again



Ride in the same direction as traffic.



It's much safer and helps your child obey stop signs and traffic lights.

Be visible.



Have your child wear bright clothes, use a rear reflector and learn to make eye contact with drivers.

For more information on bike safety, call **214-456-1870** or visit safekids.org/bike.

children'shealth[?]