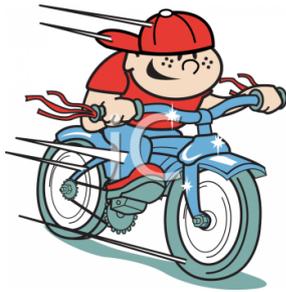




### Bike Riding

Many children with coordination difficulties have difficulty with learning how to ride a bike. This is because bike riding involves using many different skills at the same time such as: balance, core stability, co-ordination, road safety awareness, and the ability to see and respond to hazards in the environment.



#### Things to remember:

Make sure your child has a helmet, consider knee pads if they're nervous

Bumps and bruises can be minimised if the child wears long trousers and shirts with long sleeves

It's easier for children to balance on bikes with wider tyres

Practice at the weekends and during holidays when things are more relaxed and the child is less tired from school

Grass is not too good as it is too soft and makes pushing harder

Make sure your child has mastered one step before moving onto the next

Road safety and awareness: The child may need lots of practice and prompting to before they can ride safely on the roads. Until you are happy that they are safe, use cycle tracks and off road areas.

Remember to have fun!

#### Adjustments:

If you are using stabilisers you can raise them gradually. Teach the child to listen to the sound of the "trainer" wheels on the ground: when they can't hear this sound anymore then they don't need stabilizers.

It is possible to buy special stabilisers to help improve riding balance for larger bikes. These are available from Adjustable stabilisers by Good Design, [www.gooddesigns.eu](http://www.gooddesigns.eu) 07879522993



### Bike Riding

#### Balancing!

If your child is young enough to use a balance bike this is an excellent way to learn. If they are too big for a balance bike try removing the pedals from their bike.

Drop the saddle so that their feet can rest flat on the ground, this increases feelings of security for children with poor balance.

Set the bike up so that your child's hands can reach the brake levers and pull them easily

Encourage your child to push along using alternate feet

Once they are rolling, get them to play with the brakes, slowing down and stopping.



#### Freewheeling!

Encourage your child to propel the bike forward using both feet together and then to lift both feet

Find a short and shallow slope, allowing the bike to build up speed

Increase length and steepness of the slope as they gain confidence



#### Pedalling!

Before putting the pedals on, see if your child can lift their feet up onto the frame of the bike while freewheeling—if they're confident with this put the pedals back on

Freewheel again but suggest the child's tries to push once or twice on the pedals when they feel like they're slowing down