



Kits for Kids: Ride Smart!

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# Bicycle Safety: Make It a Habit

## Information for Parents

Today your son or daughter learned about bicycle safety through the “Bicycle Safety Kits for Kids” program made available by Northwestern Medicine. Be sure to ask your child to explain to you what he or she learned about staying safe while riding.

Bicycle safety is important to keep in mind during every ride. To promote safe riding in your own family, encourage your children to practice the steps they learned today about bicycle safety.

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### While riding, your child should:

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- Wear a properly fitted helmet at all times
  - Look and listen for cars and people walking
  - Avoid riding at night or in poor weather
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Families should encourage bicycle safety every time children ride. For children, it’s particularly important to learn the importance of bicycle safety early to ensure good riding habits later in life. Parents can help children learn safety by riding with them and showing how to ride safe.

Parents and children should take time to check that their helmets fit properly before each ride. Families can practice bicycle safety together to make riding fun and safe for everyone.

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### The correct method to fit a helmet:

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Choose a helmet that fits snugly. Foam pads may be used to adjust fit.

Position the helmet flat on top of the head—no more than two finger widths above the eyebrows.

Straps on each side form a “V.” The bottom point of the “V” should be right below the ear. Adjust straps so the helmet continues to sit flat on top of the head.

After the straps are adjusted and the buckle is fastened under the chin, only one finger should fit between the chin and the strap.

When properly adjusted, the helmet should stay on top of the head and not slide around. The chin should be comfortable. If the helmet is adjusted correctly, it will be more comfortable to wear and compliance will increase.

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To learn more and watch videos about bicycle safety and proper helmet fitting, visit:

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[cdc.gov/headsup/helmets](https://cdc.gov/headsup/helmets)

[nhtsa.gov/road-safety/bicycle-safety](https://nhtsa.gov/road-safety/bicycle-safety)

[safekids.org/bike](https://safekids.org/bike)

[thinkfirst.org/bicycle-safety](https://thinkfirst.org/bicycle-safety)

