



From our June, 2013 Newsletter

BIKE SAFETY TIPS

Speak to your therapist (or call us at 973-535-5010) if your child is struggling with bike riding, needs a little help to get rolling along, or you just want a safe and therapeutic environment to teach your child the basics of bike riding.

We'll make sure they have the balance, bilateral coordination and endurance necessary for a successful biking experience. We'll offer tips to help them glide away, and help reduce your stress about their safe riding.

Helpful things to know for a successful biking experience:

- **Glide Bikes are a great way to build kids' confidence and quickly eliminate training wheels. After gliding on a flat driveway, they'll be ready to go within a few strides!**

Glide bikes come in 13" and 16" wheels. We find 16" bikes work better for children over age 5. You can purchase these pedal-less bikes from our [Amazon store](#) (search: products/gross motor).

- **Always remember to have your child wear closed toe shoes or sneakers when riding, not flip flops or sandals.**
- **No matter what the bike shop says about positioning the seat on your child's bike, **always start with your child's feet on the ground.** Once they master pedaling, you can slowly raise the seat to a comfortable height.**