

# Learn to Ride



## Step 1

Teach **balance first!** Ditch the training wheels and remove the pedals. Or use a balance bike.

## Step 2

Adjust the seat so the child's feet rest flat on the ground.

## Step 3

Encourage the child to **push themselves** forward while sitting on the bike. Cheer their increased foot speed, from a walk to a run. Have them build momentum toward a glide. Once they're gliding comfortably, reattach the pedals.

## Step 4

Have the child continue to start by pushing off from the ground. **Then** have them find the pedals.

## Step 5

To teach the child to start from a complete stop, move the top pedal to the 2 o'clock position and have them push down to start rolling.

**Prevent head injuries! All children younger than 18 are required by law to wear a helmet while riding a bike. Adults should model safe behavior by wearing them too.**

