



RIDING WITHOUT TRAINING WHEELS!

(and without any tears!)



*Believe it or not, training wheels can interfere with your child's natural balance. Mastering balance on a bike is much easier *without* them. Training wheels don't teach your child to ride their bike, but with a little encouragement and a few tricks, **YOU CAN!**

1. Start in an open area.

- A smooth, flat surface, free from traffic and/or any obstacles works best.



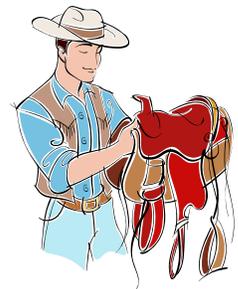
2. Remove the pedals.

- This way your child can easily stop and hold his/her bike upright if she should start to feel unsure.



3. Lower the saddle.

- The saddle should be low enough so that both feet can easily touch the ground, but high enough so he/she can easily take steps.





4. “Step, step, glide”.

- Encourage your child to push the bike like a scooter while on the seat. Think or say aloud, “Step, step, glide”.
- This is where your child will get up enough speed (“step, step...”) to lift up his/her feet and balance (“glide”) or coast.
- Use wide feet when stepping like a crocodile or a lizard.
- This might take a *WHILE*. Be patient until your child is very comfortable with his/her balance.
- Make sure your child’s eyes are always looking ahead!



5. Put the pedals back on.

- Once your child can glide comfortably for 10-15 seconds, he/she will be ready to try it with the pedals on.
- Always start with a glide. Tell them to pretend there are no pedals, and then once gliding comfortably, to let his/her feet “find” them without looking down at them.



6. Raise the seat.

- Ensure the seat is high enough that their leg extends while pedaling.
- Your child should look and feel comfortable.
- Your child can stop and put his/her feet on the ground without toppling.



*Remember: Children generally learn the balance and confidence needed to ride independently in a series of phases. With a lot of practice and even more encouragement, riding will become natural and your child will have the hang of it!