

Learn to Ride

POWERED BY
CCTA



CONTRA COSTA



Step 1

Learn **balance first!** Ditch the training wheels. 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 gliding comfortably, reattach the pedals.


Step 4

Child should continue to start themselves by pushing off from the ground. **Then** have them find the pedals.



Step 5

For starting from a complete stop, move their top pedal to the 2 o'clock position and have them push down to start rolling.



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

