



Helping your child to ride without training wheels

Bikes@Work teacher, Georgie, has compiled the following step-by-step instructions for helping your child ride without training wheels.

1. Take pedals off (Use a spanner. The right pedal loosens anti-clockwise, left pedal loosens clockwise)
2. Put seat right down, ensure your child can touch the ground with flat feet
3. Show him how to use the brakes (back pedal or both hand brakes together) to slow and stop
4. Find a flat or gently sloping piece of tarmac or concrete, ideally wide, open and obstacle free. Note that riding on grass is quite difficult.
5. Get our child to scoot, one foot after another, around. Get her to slow down and stop. Use the downward slope to practice braking, make sure she's confident doing that.
6. Next get your child to lift a foot/both when he's scooting, so he learns balance whilst moving – the downward slope will help with momentum.
7. When your child is confident balancing, put the right pedal on and position it ('set' the pedal) so it's easy to push down and bike moves forward (1 or 2 o'clock if chain ring was a clock)
8. With right foot push down, bike will move forward, she can then brake when she wants. Get her to practice this with more force, more speed, keeping her foot on the pedal
9. The put the left pedal on, get him to start off pushing down with right foot on the pedal (as above) and try to quickly get left foot on the other pedal. You may want to have your left hand on handlebars (to left of his hand), and your right hand under seat/at back of seat, you'll need to support and run alongside him.
10. Keep telling her to pedal. Without momentum it's impossible! Remind her she is good at stopping, ask her to stop nice and smoothly, putting her left foot on the ground just as the bike stops.
11. Tell him to look forward not down and keep going - use the slope if possible You may need to support him for a while.
12. Each time she stops, remind her to 'set' the pedal to get an efficient start.
13. When he's good/confident, put the seat up so his knees don't get sore. No rush though!
14. Give lots and encouragement and positive reinforcement especially when she does a good start or stop.

And remember, riding is about fun so if you or your child is getting upset or frustrated...time for a break!

Not to be reproduced without permission of Bikes@Work