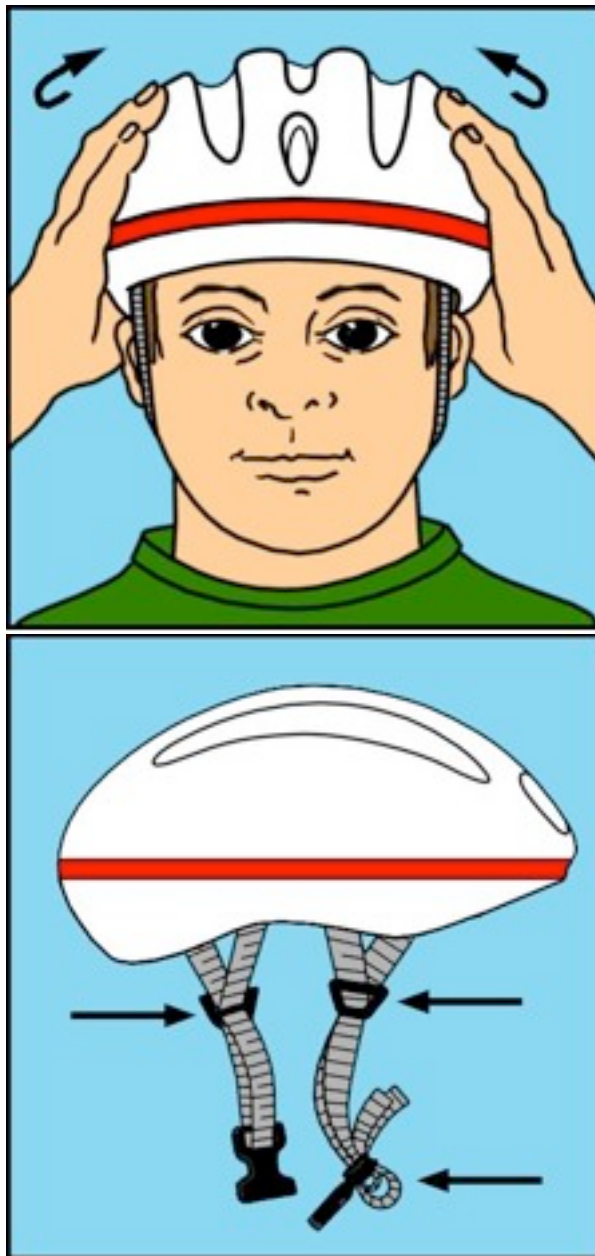


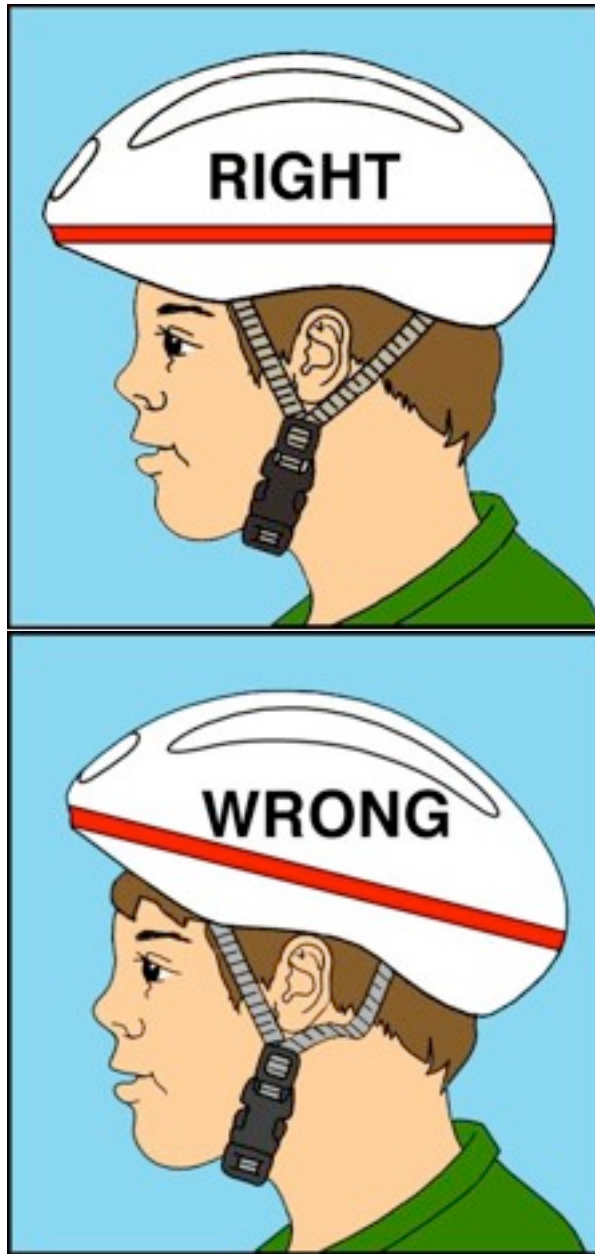
## Bicycle Safety Tips

The Consumer Product Safety Commission offers the following tips on how to correctly wear a bike helmet:

- Wear the helmet flat atop your head, not tilted back at an angle.
- Make sure the helmet fits snugly and does not obstruct your field of vision.
- Make sure the chin strap fits securely and that the buckle stays fastened.

For examples of proper and improper wear, see the following diagrams:





Here are some things you can do if your children resist wearing a bicycle helmet:

- Wear your own helmet. Make it a habit to put your helmet on every time you get on your own bicycle. When the entire family goes for a ride, make sure everyone is wearing a helmet. Children learn from observation, and parents' behavior is a very important influence on their own behavior.
- Explain why helmets are important. You can explain the serious consequences of a head injury, which can include death or permanent disability, and that you care about them too much to let that happen. You can also tell them that bicycle are

vehicles, just like cars -- and you would never let them ride in the car without a seatbelt or car seat.

- Reward helmet-wearing when it happens. If your kids wear their helmets without prompting, praise them for it or give them special privileges.
- Require consistent helmet use. Your children will learn that helmet use is important to you if you never let them ride their bikes without wearing one. If they refuse to wear it, tell them they will have to find another activity or another way to get where they're going.
- Apply the same rules to their friends. If you team up with parents in the other families you see regularly, all of the children will see that this is important to the adults around them.