



Bicycle Safety!

Myths vs. Facts

- Myth: My child does not need to wear a helmet on short rides around town.
 - Fact: Most bike accidents happen close to home! Wearing a helmet all the time is a good, safe habit to form.
- Myth: Any helmet is fine, they all protect the same.
 - Fact: Only a helmet made for bike riding, made to protect the head from injury, is what should be used.
- Myth: I can buy a bike that may be a little big now, but that my child can grow into.
 - Fact: Oversized bikes can lead to more crashes, they are dangerous. Kids do not have the right skill, coordination or size to maneuver a bike that is too big for them.
- Myth: It is safest to ride facing traffic so we can see the cars coming towards us.
 - Fact: The safest way to ride is on the right, going the same direction as traffic.
- Myth: Children do not need to use or learn hand signals, taking their hands off the wheel may cause them to crash.
 - Fact: Hand signal are important to riding safe and helping drivers know your route. Children should be taught this before ever starting to ride.
- Myth: Bike reflectors and a vest will make safe for my child to ride bike at night.
 - Fact: Riding bike at night is never safe for children.

Resources: American Academy of Pediatrics and Plainville School District



Bike Helmet Info

- How do you know if a bike helmet is a good one that will keep your child safe?
 - Buy a helmet that meets safety standards of the Consumer Product Safety Commission (CPSC). Check the inside of the helmet for their label.
- Where can I buy a helmet?
 - They are available at most stores such as Target, Wal Mart, Lewis, and Scheels.
- How should a helmet fit?
 - Wear squarely on top of head, covering the top of the forehead. It should not move around much or slide over the eyes if pulled. Adjust the chin strap to fit snugly.
- Three-quarters (74%) of fatal bike accidents were due to a head injury, that can be prevented by wearing a helmet!
- Nearly all bicyclists who died (97%) were not wearing a helmet.
- HELMETS SAVE LIVES 😊
 - References: American Academy of Pediatrics and Plainville School District, and Helmets.org

Unlimited use of electronics for kids may keep them busy and quiet, but too much screen time for them is not good!



- Model Healthy Electronic Use
 - Be a good role model for your children. Keeping the TV on all the time or scrolling through your phone any time you have a spare minute teaches your children bad habits.
- Educate Yourself
 - Kids are tech-savvy and may know more about electronics than you do. It is important you keep up to date on the newest trends, apps, games. This will prepare you to teach your kids about risk related to social media. Know how to read the ratings of video games so you know if a game rating is too violent or inappropriate for your children.
- Have Tech Free Zones
 - For example, no electronics at the dinner table...for anyone, parents included!
- Designate time to Unplug
 - Set aside family time or quiet time when no electronics can be used. Instead consider reading, playing a board game as a family, or go for a walk. The hour before bed time may be a great time to unplug!
- Use Parent Controls
 - Protect your children from things on-line that are explicit. Setting controls also lets you monitor what they are seeing and doing online.
- Talk About the Dangers of Too Much Screen Time
 - Kids who understand the “why” I can’t play video games all day are more likely to follow the rules, if they know it is not good for them. Kids who don’t know why limits are set may break the rules more easily thinking it is just because “parents are mean.”
- Know Their Passwords
- Encourage Other Activities
 - Kids can grow dependent on using technology for entertainment. Encourage them to get involved in other things!
- Make Screen Time a Privilege
 - Set up a list of things that need to be completed prior to them using technology. Also consider that you can take away screen time as a consequence and require them to earn it back with better behavior.
- Don’t Allow Screen Media in Their Bedroom
 - It is impossible to monitor their use if it is allowed in their room. This can lead to them using technology well into the night without you knowing and it can affect their sleep!
- References: American Academy of Pediatrics, Healthy Children.org