

# Tips for teaching your child to ride a bike

Learning to ride a bike takes patience, practice and time. Some children learn in a day, and some take a few days or learn over a course of a few weeks.

It is important to:

- Remember to keep it fun
- Take breaks when your child needs to
- Be patient and take it slowly

There are a few methods you can use to teach your child to ride a bike. The most popular methods include:



## 🕒 Balance bike (or pedals removed from bike)

1. Begin with a balance bike or remove pedals so that they can first learn to balance, and introduce pedaling later.
2. Instruct your child to push off with their feet and to coast, before taking more steps and repeating. Gradually encourage them to coast for longer lengths between strides.
3. Once they have gained experience controlling balance, you can move onto bicycle (or reattach bike pedals).