



🔗 Training wheels

1. Children learn to balance after they learn to pedal.
2. Gradually raise training wheels as child's pedaling skills increase.
3. At some point you will have to remove training wheels completely and work with them to achieve independent balance.



🔗 Adult assisted balance

1. Run alongside child riding bike, holding the back of the seat to help them balance while they increase speed.
2. Eventually let go of the seat when you can feel the child has gained balance.