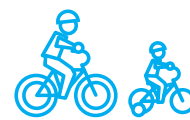


(tips & tricks to)



Get involved!



We know every parent wants to see their child thrive, both mentally and physically! So how can you support your kids in becoming more active? Check out this list for inspiration and tips on trying new things at home, getting involved within your school community and engaging with the Ride2School program.

1. Team up with other parents to have your kids active travel to school together.
2. Create a fun 'walk & chalk' route from home to kid's school to prepare them to travel independently.
3. Speak with other parents about your experience riding, walking, scooting or skating to school.
4. Lead by example – ride or walk yourself to work (if able).
5. Plan ahead to make it as easy as possible to ride or walk to school and arrive on time. Pack lunches early, have the kids sleep in their uniforms (maybe not?), whatever works best for you!
6. Put a calendar on your family fridge and mark active travel days into your weekly schedule.
7. Set up some sort of prompt in your home as reminder to active travel (helmets by the door, magnet on the fridge) – somewhere obvious and unavoidable.
8. Use the trip to school as an excuse to start your morning off the right way. Adults need at least 30 minutes of exercise every day too, remember?
9. Join or start a parent's group that assists with implementing initiatives at school and communicating with the Ride2School team.
10. Each time you avoid jumping in the car, put a dollar in a jar to help incentive your family and reward your efforts at the end of the month.
11. Check out the 'Parent Place' on the Ride2School website for some handy instructional videos to help you get started.
12. Spend some time riding or walking with your kids on weekends to help teach them the road rules and build their confidence on the bike.

