

May Newsletter

Last month we began to think about spending more time out doors, enjoying the weather, and increasing physical activity. One type of activity that most children enjoy is bike riding. It's fun and it's a great way to exercise. However, staying safe should be a priority. Some things to consider for your children as you're dusting off the bike and getting ready for another season of use:

- Protect your head. Wear a helmet! - Head injuries cause most bicycle related deaths and can cause serious brain injury. The helmet should fit snugly and be comfortable. It should also be worn in the proper position. Get into the helmet habit.
- No playing on the road or riding on busy streets. – Teach your child about driveway safety. Always stop before entering the street and scan left and right for traffic. Obey traffic signs (stop at stop signs) and don't turn without warning. Ride on the right with the traffic.
- No riding at night. – This requires special equipment and skills that few children have.
- Make independent decisions. – Many car/bike accidents occur when children are following each other. Assess traffic situations for yourself and continue to obey all traffic laws.

Never forget, example is the best teacher. Making safety come first should bring your family many hours of bike riding fun!

Healthfully,

Maria Farley