



How to Get your Child to Wear a Helmet

- Begin the helmet habit with the first bicycle. Then it will become a natural practice as your child gets older.
- Teach your child how to buckle the straps. Helmet straps may be difficult for young fingers. Help your child practice until he/she can fasten them easily.
- Always insist your child wear a helmet, even on short rides in grassy areas. Restrict bicycle privileges for failure to do so and be consistent.
- Be a role model and wear a helmet. Point out older children who wear helmets. Children 3 years older than your child are known to be the best role models.
- Raise and reward your child each time he/she wears it. Your youngsters may feel strange at first, so your encouragement is very important. Remind them that racecar drivers, astronauts and many athletes wear helmets, too.
- Have your child store the helmet with the bicycle. If children have to look for the helmet, they probably won't wear it.
- Encourage your child to individualize the helmet with reflective tape or stickers. This adds fun as well as visibility.
- Encourage other parents to buy helmets. Making helmets popular is the best way to eliminate your child feeling "different."

