

Parents!



Tips for Getting Your Kids to Wear Bike Helmets

1. Help your children establish the habit early by getting them helmets when they begin riding.



2. **Wear one yourself. Provide a role model for your kids.**

3. Whenever you first get helmets for your kids, talk about why you want them to protect their heads.

- Let them know – bikes are not toys, but vehicles.
- They can hurt their head permanently or even die from a head injury.
- Most professional athletes use helmets in sports. Football and hockey players, baseball batters, and race car drivers use them. Bicycle racers are required to use them in the U.S. and in the Olympics.

4. Reward kids for wearing helmets. Praise them and consider giving them a treat when they wear their helmet without being told.



5. Don't let them ride their bikes unless they wear their helmets. Be consistent!

6. Plan bicycle outings together during which all family members wear their helmets.

7. Encourage their friends to wear helmets. Peer pressure can be used in a positive way.

8. Crashes can occur on sidewalks, driveways, bike paths, and parks, as well as streets. You cannot predict when a situation will occur that results in a dangerous fall. Always wear it even for short rides just down the street.



**Remember! Under Ohio Law,
bikes are vehicles and must obey
the rules of the road.**

