

1. *Begin the helmet habit with the first bicycle.*
2. *Teach your child how to buckle the straps.*
3. *Be a role model and wear a helmet yourself.*

*Many injuries happen in **predictable, preventable** ways.*

Universal helmet use in the U.S. could...

- *Save 1 life every day;*
- *Prevent 1 head injury every 4 minutes;*
- *Save at least \$70 million annually.*

How to Get your Child to Wear a Bicycle 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.
- Praise 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 bicycle racers, 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."

Internet Resources

- Bicycle Helmet Safety Institute (<http://www.bhsi.org/kidswear.htm>)
- Kids Health (http://kidshealth.org/kid/watch/out/bike_safety.html)
- Consumer Reports (<http://www.consumerreports.org/cro/video-hub/babies--kids/safety/bikehelmet-safety/17037595001/30321251001/>)
- Safe Kids Worldwide (<http://www.safekids.org/safety-basics/safety-resources-by-risk-area/bicycling-and-skating/>)

Live Injury-Free!