



## Buying a child's bike

**Size** - your child should be able to stand on toes while sitting on saddle, and on flat feet when standing over the top bar. A nervous cyclist may want slightly lower than this. Make sure you can raise the saddle as your child grows.

**Brakes**—need to be easy to reach and pull. Try to pull the brake with your little finger—if you find it stiff so will your child (especially younger children).

**Weight**—your child shouldn't struggle to lift and move their bike. This will also make it easier to cycle.

Children's bikes ***don't*** need—front gears (won't get used) or suspension.



You can get good bargains by looking online or swapping with other parents. It is recommended that you get any second hand bike serviced before use.



Some makes are more expensive, but you will also get a higher resale value.



## Buying a child's bike

**Size** - should be able to stand on toes while sitting on saddle, and on flat feet when standing over the top bar. A nervous cyclist may want slightly lower than this. Make sure you can raise the saddle as your child grows.

**Brakes**—need to be easy to reach and pull. Try to pull the brake with your little finger—if you find it stiff so will your child (especially younger children).

**Weight**—your child shouldn't struggle to lift and move their bike. This will also make it easier to cycle.

Children's bikes ***don't*** need—front gears (won't get used) or suspension.



You can get good bargains by looking online or swapping with other parents. It is recommended that you get any second hand bike serviced before use.



Some makes are more expensive, but you will also get a higher resale value.



## Buying a child's bike

**Size** - should be able to stand on toes while sitting on saddle, and on flat feet when standing over the top bar. A nervous cyclist may want slightly lower than this. Make sure you can raise the saddle as your child grows.

**Brakes**—need to be easy to reach and pull. Try to pull the brake with your little finger—if you find it stiff so will your child (especially younger children).

**Weight**—your child shouldn't struggle to lift and move their bike. This will also make it easier to cycle.

Children's bikes ***don't*** need—front gears (won't get used) or suspension.



You can get good bargains by looking online or swapping with other parents. It is recommended that you get any second hand bike serviced before use.



Some makes are more expensive, but you will also get a higher resale value.

## Accessories

**Helmet**—skate helmets are very popular at the minute; but a cycling helmet will protect your child's head better, are easier to adjust for a good fit, and can be altered as your child's head grows.



**Clothing**—a waterproof coat is all that is needed. If it is a dark colour, buy a hi viz vest or something reflective for them to put on too.



**Lock**—if they will be leaving their bike at school or else- where.



Mudguards are not essential, but can be useful for wet days.

## Accessories

**Helmet**—skate helmets are very popular at the minute; but a cycling helmet will protect your child's head better, are easier to adjust for a good fit, and can be altered as your child's head grows.



**Clothing**—a waterproof coat is all that is needed. If it is a dark colour, buy a hi viz vest or something reflective for them to put on too.



**Lock**—if they will be leaving their bike at school or else- where.



Mudguards are not essential, but can be useful for wet days.

## Accessories

**Helmet**—skate helmets are very popular at the minute; but a cycling helmet will protect your child's head better, are easier to adjust for a good fit, and can be altered as your child's head grows.



**Clothing**—a waterproof coat is all that is needed. If it is a dark colour, buy a hi viz vest or something reflective for them to put on too.



**Lock**—if they will be leaving their bike at school or else- where.



Mudguards are not essential, but can be useful for wet days.