

## Introducing your child to a bike trailer

- Kidsafe recommends against taking a child under 12 months on a bike or in a bike trailer.
- Your child's neck and back must be strong enough to support their head and the extra weight of a helmet while riding. They must also be able to cope with the additional forces experienced when speeding up, slowing down and bouncing over bumps or potholes.
- When a child is over 12 months old, they are generally strong enough to support the weight of both their head and helmet.
- Ensure that your child has a properly fitted bike helmet to protect the head against impacts.
- When placing your child into the bike trailer make sure that the trailer is stable with the brakes on.
- If your child has had no experience with a bike trailer, it may be helpful to consider these suggestions:
  - Familiarisation to the trailer and bike helmet:
    - Let your child play with the trailer (under supervision).
    - Practice being strapped into the trailer.
    - Practice wearing a bike helmet in and out of the trailer. (If your child had a special toy, it may be helpful to give the toy a little 'helmet' too.)
    - Plan what they would like to bring with them in the trailer, perhaps a favourite toy and a drink bottle or snack.
    - Plan a journey with your child.
  - Journeys in the trailer:
    - Use the trailer in pram mode and begin by going on short walks.
    - Gradually increase the length of the journey in pram mode.
    - Start using the bike trailer only for a short ride (10 min), perhaps to a fun destination such as a park, pool, café or library.
    - Ride conservatively to manage a longer braking distance and the reduced manoeuvrability due to the extra weight.
    - Gradually increase the length of the ride.
  - Promise them a babyccino at your favourite café!

### References

A Parent's Guide to Kidsafe Roads (2011). Child Accident Prevention Foundation of Australia.

<http://www.kidsafe.com.au/A%20Parents%20Guide%20to%20Kidsafe%20Roads%20FINAL%20WA.pdf>.