



If you have any questions or concerns please contact the:

The Child Development Centre
Physiotherapy Department
Hill Rise
Kempston
MK42 7EB

Patient Advice and Liaison Service (PALS)
If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the PALS.

By telephone: 01234 795814

Bedford Hospital **NHS**
NHS Trust

A guide to Learning to ride a bike



Getting ready to ride a bike:

- Choose a time when you are able to practise e.g. in the holidays.
- Your child may benefit from initially learning on a balance bike to help build their confidence and independence.
- Have a bike that is the right size, the child should be able to comfortably put their feet on the floor when sat on the saddle.
- Teach them to ride in a safe place free of obstacles.
- Remove the training wheels.
- Your child should wear a helmet (knee/elbow pads can be worn).
- Teach your child how to use the brakes prior to starting.

Stage 1: Learning to balance

- Practise getting on and off and sitting straight on the saddle with hands on the handlebars and feet on the floor.
- Sitting on the saddle, keep your balance whilst you:
 - Lift your left arm, then your right arm, and then both together, hold 5 seconds.
 - Leaning lift your right leg, then left leg for 5 seconds.
 - Lift both legs for two seconds.
 - Lift both arms and one leg.
 - Practise putting your leg out to each side to 'save' yourself if you wobble.

Stage 2: Learning to scoot

- Sitting on the saddle, slowly walk the bike alone one foot at a time.
- Try doing 6 short steps then brake. Then 6 long steps and brake.
- Once you have built up some speed, try and hold your feet up for a few seconds, balancing in the middle and brake.
- Then try long scooting, building up to your feet staying up for five seconds.
- Once your child is able to scoot, set up some cones and have your child steer between them.

Stage 3: Learning to pedal

- With your child on the bike get them to find the pedals with you stabilising the bike.
- Get your child to push down with their left foot and then their right foot, with a break in between, repeat this several times.
- Then get your child to look ahead and push on one pedal then quickly try and pedal with the other foot. Keep going for as long as they can. Repeat this several times.
- An adult could gently support the saddle to give the child confidence, but let them learn how to balance and feel comfortable without assistance.