

PARENTS & GUARDIANS PROTECT YOUR CHILD

Here are some simple tips to help a child prevent a serious head injury while riding a bicycle, skateboard, scooter, or when skating.

Parents can make a big difference in protecting a child with 3 easy steps.

1. Watch your child ride and encourage him/her to follow all the safety rules.
2. Be a good role model by following the same traffic laws you expect your child to obey.
3. Make a pledge with your child, that he/she will always wear a properly fitted helmet when riding. No exceptions.



Texas Office for
Prevention of
Developmental
Disabilities

P.O. Box 12668
Austin Texas
78711-2668
(512) 206-4544

www.topdd.state.tx.us

Safe Ride

Prevent Head Injury



WHAT ELSE SHOULD I KNOW?

Remember that a bicycle, scooter, skateboard or inline skates are like a moving vehicle and your child is the driver. He or she has all the rights and duties normally given to all drivers.

Children need to be reminded and encouraged to be safe and follow the rules. That is how you can help protect your child.

PROTECT YOUR CHILD

ABOUT SAFE HELMETS

It is important to wear a helmet correctly. Not doing so may be more dangerous than not wearing one at all. **BE SURE IT FITS.**

1. Make sure no more than 3 fingers fit between the chin and helmet strap. The strap should be comfortable but snug.
2. Push the helmet from the back forward. The helmet should not bump on the nose. It should fit securely and squarely 1 or 2 fingers above the eyebrow.
3. Push the helmet upward and back from the front. The helmet should be level and not tilt back or forward.

THERE YOU HAVE IT © A HELMET THAT FITS

Be smart. Practice the good fit steps above with the child before he takes a ride. This will show her how important you think wearing a properly fitted helmet is. This is the right message to give to a child.

WHY PREVENTING HEAD INJURY IS IMPORTANT

Scientists from the Centers for Disease Control and Prevention say that some 1,000 people die and half a million are hurt each year from bicycle crashes. Use a properly fitted helmet to reduce injuries and death. Some states and cities have laws that require helmet use when riding. Even if your city or state does not have a law, it is the good choice—always wear a helmet when riding.

BE SAFE. ALWAYS WEAR A HELMET.

HOW TO HELP A CHILD OVERCOME THE NERD FACTOR

How to overcome those excuses such as *it's not cool to wear a helmet* category.

Ask your child, why do football players, Tour de France cyclists, NASCAR drivers and other athletes wear helmets?

Put stickers on the young child's helmet to decorate it.

Tell the child you want him/her to be safe because this is cool to you.



OTHER IMPORTANT SAFETY TIPS

Wearing a helmet is the first step in preventing injuries. A young child also has to learn and practice to ride safely in the neighborhood.

Three things to teach a child:

- ♦ **Look both ways before driving onto the street.**
- ♦ **Obey stop signs.**
- ♦ **When turning left, yield to oncoming traffic.**

MORE INFORMATION IS AVAILABLE

The National SAFE KIDS Campaign – (202) 939-4993 or <http://www.safekids.org/index.cfm>

The Bicycle Helmet Safety Institute at <http://www.bhsi.org>.

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