

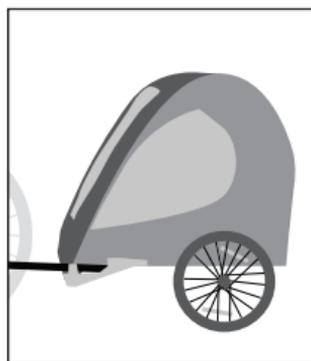
BICYCLING WITH CHILDREN

Parents can take advantage of plenty of good options for transporting children. Whether they're in a bike trailer or a child's seat, children should not ride or be carried on a bike or a trailer until they can sit upright while supporting the weight of their own head and helmet. Check your local laws: In some places, it's illegal to carry a child under 12 months old on your bike.

CARRYING KIDS ON YOUR BIKE

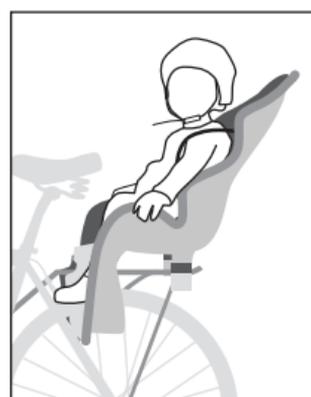
BIKE TRAILERS

Bike trailers provide a very stable and secure way to transport kids. They offer a good amount of hauling capacity (some trailers will fit two children side by side). Since trailers are lower to the ground, be sure to use a flag to increase visibility.



CHILD SEATS

Before riding with your child, practice mounting, dismounting and riding with the seat loaded with extra weight (bricks, etc.) These seats should not be used for kids who weigh more than 40 lbs. (Kids should not be given toys or objects that might be dropped into the bike's wheels.)



TRAILERCYCLES

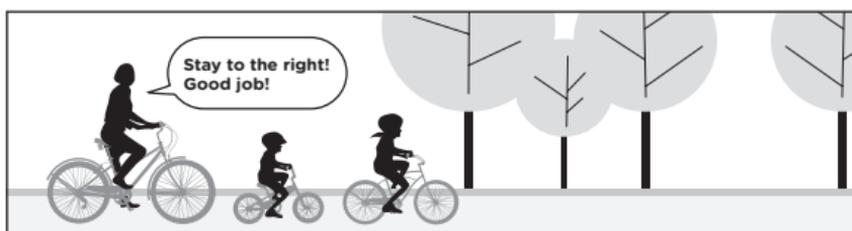
A trailercycle, which attaches by a hitch to the back of another bike, is a good option for a child learning to ride. They're also good for longer rides when a child lacks the stamina to keep up. Geared trailercycles allow the child to pedal and contribute to propelling the bike, or she can coast independently.



TIPS

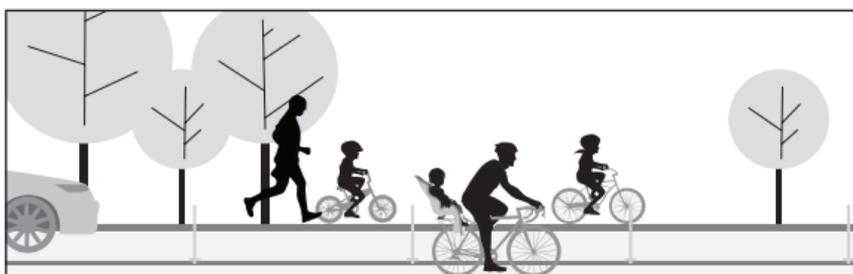
Never carry a child on your body while bicycling. While carrying a child on your bike, remember to allow more stopping distance.

RIDING WITH KIDS ON THEIR OWN BIKES



- Children should ride in a single-file line
- With one adult, ride behind and slightly to the left of the children.
- With two adults, one rides in front and the more experienced biker rides in the back.
- Adults should keep talking to the kids, telling them where to go, and coaching them on their position.

SIDEWALK VS. STREET RIDING



- Have children ride on the sidewalk and you run along next to them.
- Have the kids ride on the sidewalk and you ride on the street beside them.
- Coach the kids to watch for cars entering and leaving driveways and alleys.
- Cyclists 12 years and older are not allowed to ride on the sidewalk in Chicago.

TIPS

- Children and adults should always wear properly fitted helmets with the chin strap buckled. For more info, go to www.helmets.org
- Do not carry a baby on a bicycle until the child can sit upright while supporting the weight of their head and helmet.
- Adults should teach by example: wear a helmet everytime you ride and obey all traffic laws.
- Being visible can save a life. Use flags, flashing lights, and reflectors on all types of child carriers, as well as on kids' bikes.
- Check that small children and all equipment are secure and safely strapped in before each and every ride.

www.chicagocompletestreets.org