



DITCH THE STABILISERS!

A GUIDE TO TEACHING YOUR CHILD TO RIDE WITHOUT STABILISERS



DURATION: VARIABLE



MATERIALS REQUIRED: SPANNERS, HEX KEYS

Step 1: Remove the Stabilisers

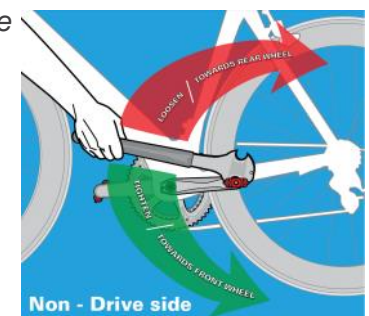
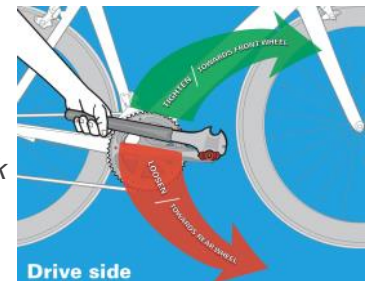
- Select the correct spanner and remove the stabilisers from both sides of the bike.
- Make sure to replace the large nut on both sides as this is part of the bike.
- Put your parts safely in a bag so nothing gets lost!



Step 2: Remove the Pedals

- This turns your child's bike into a balance bike. They can practise balancing without having to worry about pedalling at the same time.
- Use a pedal spanner or thin spanner to get in the gap between the crank arm and the pedal.
- The Drive Side is the side with the chain on it.
- Sometimes pedals can be tight. Make sure you are loosening them in the right direction! In these pictures **Red = Loosen**
- If you want more tips on how to remove and attach pedals then watch this video on YouTube.

<https://www.youtube.com/watch?v=LFbSBG7jMzY>



Step 3: Check the Saddle Height

- Test the saddle height with your child. At this point they should be able to put their feet on the ground while standing over the saddle.
- Use a hex key or the quick release to adjust the saddle height.



The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools

Step 4: Balance Bike Skills

- *We recommend that your child wears a helmet when riding their bike. Start good habits early!*
- *It's now time to practise some skills! Choose a flat area such as a car park or playground to practise with your child.*
- *The first skill is to practise scooting the bike across the practise area using both feet alternately to push the bike forward (like running while on the bike).*
- *The next step is to try to extend the scooting distance with each leg push. Encourage your child to try to glide the bike forwards with giant strides. Your child is developing their balance and control of the bike.*
- *The final step is to try to push the bike forward using giant hops, like a kangaroo! The bike should glide forwards in-between each push.*



Step 5: One Pedal

- *If your child has mastered gliding the bike without pedals and can balance and control the bike then they can move on to this step. If your child is not quite ready then keep practising with the bike set up as a balance bike.*
- *Fit one pedal only to the bike. It doesn't matter which side at this point.*
- *Ask your child to rest their foot on the pedal and keep it there. Now ask your child to push the bike forward using one leg scoots. The idea is to glide the bike forwards with one foot held on the pedal.*

Step 6: Two Pedals

- *Return the other pedal to the bike. You may also want to check the saddle height again. Your child needs to be able to rest one foot on the ground while standing over the saddle.*
- *Your child will need lots of support as they concentrate on balance, pedalling and steering their bike! You should stand behind your child and rest your hands on their upper arms.*
- *Ask your child to put both their feet on the pedals while you support them. Help them to start the bike moving with a gentle push. Stay with your child as they move forward. This can be quite physical work!*
- *As your child gains in confidence you can ease your hands away from their upper arms but remain close in case they have a wobble.*
- *Soon your child will be able to pedal by themselves! Keep practising and encouraging until your child is fully in control and balanced while riding.*

Final Points!

- *Watch this awesome Sustrans video to see the whole process! <https://www.youtube.com/watch?v=p6SNCvIN4EI>*
- *Take photos of the amazing moment when your child cycles for the first time; you will treasure this moment forever!*
- *Please share with us on social media [@sustransni](#)*

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