

Riding Without Training Wheels (and Without Tears)!

Step 1: Find a smooth, large, open paved area

Step 2: Prepare the bike

- Remove training wheels (if applicable)
- Remove pedals
- Lower the seat (so that both feet are just flat on the ground)



Step 3: "Step, step, glide"

- Encourage child to walk with the bike – take alternating steps then push off and glide (holding feet off the ground and balancing the bike)
- Child must keep bottom on the seat
- Use a wide stance ("walk like a lizard") to avoid the pedal arms hitting the legs
- Keep eyes up at all times
- Hold feet up and balance as long as possible
- Practice until child can glide consistently for 8-10 seconds



Step 4: Put pedals back on

- At first, keep the seat low so the child can still step/glide to start
- Remind child to keep the legs wide (away from pedals)
- "Step, step, glide" first and then pedal
- **KEEP THE EYES UP** (let the feet find the pedals without looking)



Step 5: Slowly raise the seat up

- Once comfortable pedaling, bring the seat back up
- Eventually, the seat should be high enough that the leg is fully extended while pedaling
- Child can either glide to start or may quickly learn the "power start" (start by pushing one pedal down – see photo to right)



TIPS:

- Be patient – it may take time
- Eyes up at all times (point out things to look at)
- Wear long pants or tall socks to protect legs
- Lighter weight, smaller bike can be easier for learning