

Tips for Adults to Get Kids to Wear Bike Helmets

(Provided by the Bicycle Safety Institute, www.bhsi.org)

1. Establish a bike helmet habit early, **as soon as the child starts to ride.**
2. Be consistent; always have your child wear a bike helmet - No Exceptions!
3. Wear a helmet yourself.
4. Discuss why you want them to protect their heads **from injury.**
5. Encourage your children's friends to wear bike helmets also.
6. Point out that children and adults wear helmets in many sports: hockey, downhill skiing, skateboarding.

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