

## Cycling safety for children as advised by Sustrans

### How to teach road safety to your children

Follow these basics to help you and your child stay safe when cycling:

- make sure your [child's bike fits](#) and that all your bikes are roadworthy;
- if you're on the road with children, take up a position behind them. If there are two adults in your group, it's a good idea to have one at the back and one in front of the children;
- helmets are particularly recommended for young children. Ultimately, wearing a helmet is a question of individual choice and parents need to make that choice for their children;
- set a good example, [follow the Highway Code](#) and teach children road safety and awareness.

### Road safety rules for kids

- don't jump red lights
- signal clearly at all times;
- ride in a position where you can see and be seen;
- make eye contact with other road users, especially at junctions, then you know they've seen you;
- when riding at night always use a working white front light and red back light, plus a red rear reflector - it's the law!
- Wear a colour which ensures you can be seen, car drivers do not see bikes at night unless the bike has a light and children are wearing reflective clothing or something white.

If you're cycling on paths shared by walkers, wheelchair users and horse riders:

- don't go too fast - it can intimidate others;
- use your bell to let others know you are approaching, but don't assume they can hear or see you;
- give way to others and always be prepared to slow down and stop if necessary;
- keep left or on your side of any dividing line;
- be careful at junctions, bends or entrances.