

# Useful Links:

- 🚲 Paediatric Occupational Therapy Service:  
[www.ekhft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot](http://www.ekhft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot)
- 🚲 Spokes Map of cycle routes - Ashford, Folkestone, Dover, & Deal: <http://www.spokeseastkent.org.uk/maps/>
- 🚲 Dyspraxia foundation - Hints and tips for bike riding:  
<http://www.dyspraxiafoundation.org.uk/dyspraxia-children/bike-riding-tips/>
- 🚲 Canchild bike riding advice sheet:  
[http://canchild.ca/elearning/dcd\\_pt\\_workshop/assets/evidence-based-practice/cycling-handouts.pdf](http://canchild.ca/elearning/dcd_pt_workshop/assets/evidence-based-practice/cycling-handouts.pdf)



Remember learning to ride a bike is hard work but worth it!

## Bike Group

### Skill Progression Advice

#### Stage 3



Information adapted from Dr Carolyn Dunford, Head of Research and AHP's, The Children's Trust, Tadworth with permission.

# Peddalling with Support:

**Skill:** Able to pedal bike with constant support to balance.

**Tips:** Encourage the child to stop if they are leaning over too far or losing control, otherwise they will start to rely too much on help to balance.

**Skill:** Able to stop bike safely using both brakes and placing both feet down if losing control.

**Tip:** Keep encouraging brakes and feet down if control is lost or if your child leans the bike too far.

**Skill:** Able to pedal bike with intermittent support to balance.

**Tip:**

 As balance and steering improves and if your child is reliably stopping when overbalancing or losing control, start to let go of the saddle briefly.

 At this stage it may help if you move up from holding the saddle to hold your child's trunk on either side. This way you can help them to feel how to adjust their posture if the bike starts to lean

