

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## How To Get The Right Bike Helmet For Your Child

By Joanna Miller

Making sure your child wears a bike helmet is one of the most important things you can do to ensure your child stays safe while riding a bicycle. Head injuries are the number one serious injury that plagues children who ride bicycles.

Head injuries can happen in an instant but can scar your child for life. The severity of head injuries is due to the fact that the skull is only 1 centimeter thick.

At a speed of 4.5 miles per hour your child can shatter their skull during a fall. The key to preventing a drastic head injury is getting a bike helmet with a proper fit.

Children's bike helmets come in two standard types. There are single-impact helmets that are most commonly used for bicycle riding and only protect your child for one incident.

Multiple-impact helmets are designed for multiple falls and often used in skateboarding, but are also suitable for bike riding. No matter which type of helmet is chosen the bike helmet should have a label on it that states it meets safety regulations.

When buying a bike helmet your child should be present so the helmet can be sized properly. The helmet should not be too big for your child or it could easily fall off. It should fit snugly on your child's head and should not move around.

The bike helmet should also not obstruct your child's eyes and should be worn just above the eyebrows. The straps should also be snug and positioned correctly.

A properly chosen bike helmet will be easier for your child to put on correctly. It will also avoid your child not wanting to wear their helmet because of it bothering them.

Bike helmets should be bought new because the history of second hand helmets is not known. Bike helmets that have been in a serious crash or are single-impact helmets that have been in a fall should not be used again. Bike helmets should also be replaced after five years or when your child has

## How To Get The Right Bike Helmet For Your Child

outgrown them.

Every time your child rides their bike they should have on their helmet. It is also important that parents make sure the helmet is worn correctly each time as well.

Children who do not want to wear a bike helmet should be told about how easy and how harmful head injuries can be. Parents should not give in as an accident could happen in a split second.

A recommended site to visit is:

<http://4parentingtips.com>

Choosing a good bike helmet for your child is important. A bike helmet that is worn properly should protect your child during a fall.

Bike helmets must be worn every time and worn properly to do their job. A bike helmet could mean the

difference between your child getting up and brushing off or a trip to the emergency room.

Joanna Miller provides parents with tips to succeed at the challenges of parenting and child care. She is a contributing author at Tips–About–Kids. For parenting ideas go to:

<http://tips–about–kids.com>

### **Helmets Work: The Trick Is Getting Your Child To Wear One**

#### **By News Canada**

(NC)–Bikes, scooters, skateboards and in–line skates are popular with Canadian children. But it's important to stay safe, stresses Safe Kids Canada.

Head injuries are the number one cause of serious injury and death to kids on wheels, says Amy Zierler, information specialist at Safe Kids Canada. "The good news is that a correctly worn helmet cuts the risk of serious head or brain injury by as much as 88 per cent."

In Canada, only half of children wear helmets while riding a bike, even though bike helmet legislation exists in five provinces.

"The best way to get your children to wear helmets is to start early and get them involved in the process," says Ms Zierler. She recommends these tips to help your child get into the helmet habit:

Start early. Begin the helmet habit with the child's very first set of wheels (e.g. tricycle).

Take your child shopping. Let your child pick out the helmet he or she likes. Bike helmets are suitable

## How To Get The Right Bike Helmet For Your Child

for bikes, scooters and in-line skates; skateboarders need special skateboarding helmets that cover more of the back of the head.

Fit counts. A properly fitted helmet protects your child's head better, and it's more comfortable for him or her. Try them on in the store.

Explain. Tell your child how a helmet protects his or her head and brain.

Positive re-enforcement. Praise and reward your child for wearing a helmet.

Be firm. Always insist your child wear a helmet when he or she is out on wheels, even when close to home (where the majority of incidents take place).

Be a role model. When you're out on wheels, wear your own helmet!

For more information about safety on wheels, call Safe Kids Canada at 1 888 SAFE TIPS or visit

[www.safekidscanada.ca](http://www.safekidscanada.ca)

. The "Got Wheels – Get a Helmet!" campaign, held during Safe Kids Week,

runs from June 3 to June 9 and is sponsored by Johnson & Johnson. J&J is providing an additional \$100,000 to buy helmets for children from low-income families across Canada. During Safe Kids Week, a portion of each purchase of participating J&J and McNeil products will be donated to the program.

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

## How To Get The Right Bike Helmet For Your Child

and learn more about

the NC services.

Helmets Work: The Trick Is Getting Your Child To Wear One

Three Steps To Safety On Wheels

Mini Dirt Bikes

More On Dirt Bike Safety

Race Equipment Checklist for Mountain Bike Racers

Baby's First Year –What Parent Needs To Know

Help Your Child Succeed In School

62 Ways To Beat The Gas Pump Monster

HIV/Aids Healed by the Power of God

Understanding Acne: Causes, Cures and Myths



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**

**Impair Healthy Healing In People Over The Age Of 30!**

