

BALANCE BIKES

An Explainer

1

DEFINITION

A balance bike is a two-wheeled device without pedals or chain



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HOW DOES A BALANCE BIKE WORK?

The bike is powered by running along the ground while sitting on the seat. This pushing activity quickly develops into a faster and smoother gliding motion which develops the riders balance and steering skills.



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WHAT AGE IS A BALANCE BIKE FOR?

Depending on interest and readiness, balance bikes are available starting from about 18 months and up. They are great for kids in the 2 to 4 age range but work for learners of all ages including adults.



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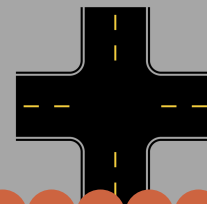
LEARNING WITH A BALANCE BIKE

By developing balance and steering skills as well as confidence and enjoyment, the balance bike prepares new riders for transitioning to a pedal bike.

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IDEAS FOR BALANCE BIKE FUN

Why not chalk a traffic garden set of streets at the playground for more skills practice. Add traffic signs and ramps for dramatic play and learning fun. Create challenges + games with pals.



MORE INFORMATION
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