

Parent Health Bulletin



MAY 2014

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THIS MONTH'S TOPIC:

YOUR CHILD SHOULD WEAR A HELMET

Biking with your child is a great way to be active together. And it can be a lot of fun! However, it is very important for you and your family to stay safe while riding a bike. Wearing a helmet is a very important part of being safe when on a bike. Helmets were created to help protect the head. When you do not wear a helmet when on a bike, you are risking severe injury or possibly even death in an accident.

All helmets that are purchased should have met the standards that were created by the Consumer Product Safety Commission (CPSC). Check the helmets you currently have to make sure that you see a sticker from CPSC.



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Did you know that each year over 300,000 kids have to go to the hospital because they got hurt while riding their bikes?

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If you do not see a sticker you should invest in a new helmet.

Sometimes it can be hard to get your kids to wear their helmets. Here are some tips:

- **Make sure your child has a helmet with his or her first bike.** If you have a younger child, having a helmet for them when they have a tricycle can create a connection between helmet wearing and wheeled vehicles.
- **Be a model.** Make sure you wear a helmet yourself when you are on a bike.
- **Talk to them about wearing a helmet.** Tell your children how important it is that their heads are protected.
- **Point out other people who are wearing a helmet.** Professional athletes and other people that they know are important models as well.
- **Stop your children from riding a bike without a helmet.** Create a rule that if they want to ride then they have to wear a helmet.

You want to make sure the helmet fits correctly. The helmet should not be too big or too small. Once you know that the helmet fits, make sure your child is wearing it correctly. The straps should always be fastened. The helmet should be level on the head.

Make sure the helmet is taken care of. Do not let your child throw it on the ground when finished riding. If that happens, the helmet could be damaged. If a helmet is damaged it may not protect your child as much as it should during a crash.

If your child has been in a crash with a helmet, you should get a new one. After a helmet has been in a crash, it often does not have the same protection.

Biking is a great family activity but you want to make sure that everyone stays safe. Always wear your helmet and make sure your child does too!

SOURCE:

- Nemours KidsHealth. (2014) Bike Safety. http://kidshealth.org/kid/watch/out/bike_safety.html
- Helmets on Heads (2014). Helmet safety and Kids <http://www.helmetsonheads.org/safety>

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