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# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## **Safe Biking for Kids**

Kids and bikes go hand in hand in the summertime. Unfortunately, bikes also account for about 300,000 emergency room visits each year, according to the CDC. Children can ride safely all season long with a few safety rules. First of all, be sure children always wear properly fitting helmets and that the strap remains fastened. The bike also needs to fit the child—feet should be flat on the ground when the child is straddling the top bar of the bike. Check the handlebars for tightness, the brakes for function, the chain for oil, and the wheels for air. Dress children in bright colors, and instruct them on the rules of the road.

*HINT: Teach the kids to leave MP3 players at home when bike riding.; kids who are listening to music can't hear the sounds of traffic.*

**MIDCOAST PEDIATRICS** is dedicated to the care, health and development of children and their families. Our practice is committed to delivering the best treatment possible for each of our patients. Should you have any questions about today's column, don't hesitate to call 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

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