



Dr. Klein's Home Remedy For Children

- ◆ Obtain a suitable bike and remove the training wheels.
- ◆ Remove both pedals and lower the seat, so that when your child is sitting both feet are flat on the ground.
- ◆ Have your child put on a bike helmet and get on the bike.
- ◆ Have your child walk/scoot the bike, one foot pushing and then the other, while sitting on the bike seat. They should be comfortable as both feet are flat on the ground. They will begin to engage in steering, moving the handlebars as they go. You may assist in supporting them from behind as they try this if necessary. Children will work up to doing this by themselves.
- ◆ What should happen naturally is that the child begins to feel the movement and wobbliness of the bicycle slowly becoming more and more comfortable with this movement. With training wheels a child has no control, but with this method the child is in control and can feel what it feels like to balance.
- ◆ The child will then begin to use both feet to push together at the same time (frog push). This is not walking the bike, but keeping both legs together in unison. There will be intermittent times when the child is balancing because their feet are not on the ground and they are moving and steering in between these frog pushes. If they feel like they are going to fall they will put both feet down to stop.
- ◆ First do this on a large flat surface where there are no obstacles or distractions. You may add a slight slope as the child is ready. The child will begin to lift their feet and steer and balance more and more.
- ◆ The next step is to repeat all the above but with pedals. They may use the pedals only as footrests initially but will begin to add a slight pedaling motion naturally. Again, if they feel they are going to fall they can put their feet down to stop.
- ◆ Once the child is comfortably repeating the activity and maintaining balance by steering alone without pedals it should be easy for them to add pedaling now that they have mastered balancing.