



5 Tips to Help Teach Your Child to Ride a Bike

YOUTUBE FREEBIE

Riding a bicycle can be challenging for some children. There are a variety of skills involved, including: balance, bilateral coordination, visual motor integration, and primitive reflex integration.

1 BALANCE OR STRIDER BIKE

Try turning your child's bike into a balance bike.

- Remove the pedals
- Lower the seat so that your child's feet can touch the ground

This allows them more stability and control while riding their bike and in turn can help them feel more comfortable. It also allows them the opportunity to lift both feet up and practice balancing.

You can also look into getting a [Strider bike](#), which is a great way to teach bike riding.

2 PRIMITIVE REFLEX INTEGRATION

If your child's primitive reflexes are retained (or "stuck" in their body), this can affect their ability to successfully ride a bicycle.

The primitive reflexes that often affect bike riding are:

- Moro
- TLR
- ATNR
- STNR

Learn more about primitive reflexes by reading this [blog article](#):

<https://harkla.co/pages/primitive-reflexes>

Quickly screen to see if your MIGHT have retained primitive reflexes by watching this [YouTube video](#):

<https://youtu.be/ZkGDm3t2hb8>.

3 BILATERAL COORDINATION ACTIVITIES

Include more bilateral coordination activities into the daily routine.

Things like:

- Jumping jacks
- Cross crawls
- Cross country skis

Anything that requires the coordination of arms and legs!



4**BUILD CORE STRENGTH USING A THERAPY BALL**

Riding a bicycle requires a certain amount of core strength and stability.

Using a therapy / exercise ball can be a great way to work on this skill!

- Ball walk outs
- Trunk rotation with a ball pass
- While seated on the ball, pick up items with toes

You can also incorporate other balancing activities into the daily routine to help build the skills of postural control!

5**VISUAL - VESTIBULAR ACTIVITIES**

Riding a bicycle requires a certain amount of visual-vestibular integration.

Including activities that activate the visual system and the vestibular system simultaneously will help build this important skill!

- Infinity loop tracing and walking
- Roll 1 or 2 small balls across the table; have your child catch the ball(s) in a cup
- Throw a ball to the wall (with or without a target) and catch the ball
 - Try adding a balance challenge into this!

BONUS!

1 7 ACTIVITIES TO IMPROVE CORE STRENGTH, POSTURAL CONTROL AND BALANCE

Watch this YouTube video for more activity ideas!

<https://youtu.be/bWwNLsAIPFY>

2 THE VESTIBULAR SYSTEM: DYSFUNCTION AND ACTIVITIES TO IMPLEMENT

All Things Sensory Podcast Episode 213

<https://harkla.co/blogs/podcast/213-the-vestibular-system-dysfunction-and-activities-to-implement>

3 VISUAL SKILLS ACTIVITY COURSE

Learn new, fun activities that target the visual system!

<https://harkla.co/products/visual-skills-activity-course>

Want more help?!

CHECK OUT OUR GROSS MOTOR SKILLS ACTIVITY COURSE!

Gain new activity ideas that target gross motor development!

- 30 Activities with a Therapy Ball
- Using a Scooter Board
- 15 Activities with a Hula Hoop
- Using a Bosu Ball
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<https://harkla.co/products/gross-motor-skills-activity-course>