



## Home Remedy For Struggling Riders

For those children who have either not attended one of our iCan Bike camps or have attended but have not been successful riding independently yet, here are a few tips for learning to ride at home:

- Obtain a suitable bike for learning (refer to our 'Selecting the Most Suitable Bike for Learning' video on our website at <https://icanshine.org/parents/ican-bike-parents/>).
- Remove training wheels, both pedals and lower the seat, so that when your rider is sitting both feet are flat on the ground.
- Have your rider put on a bike helmet and get on the bike.
- Have your rider 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, self-adjusting while moving the handlebars as they go. You may assist in supporting them from behind as they try this, if necessary. Riders will work up to doing this by themselves.
- What should happen naturally is that the rider begins to feel the movement and wobbliness of the bicycle slowly becoming more and more comfortable with this movement. With training wheels a rider has no control, but with Dr. Klein's method the rider is in control and can feel what it feels like to be compelled to balance.
- The rider 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 rider 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 rider is ready. The rider 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. Once the rider is comfortably repeating the activity and maintaining balance by steering alone, without pedals, it should be easy for them to add pedaling.
- 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.

Good Luck!