

Going for a ride on your bike? Don't let the spokes hurt your child

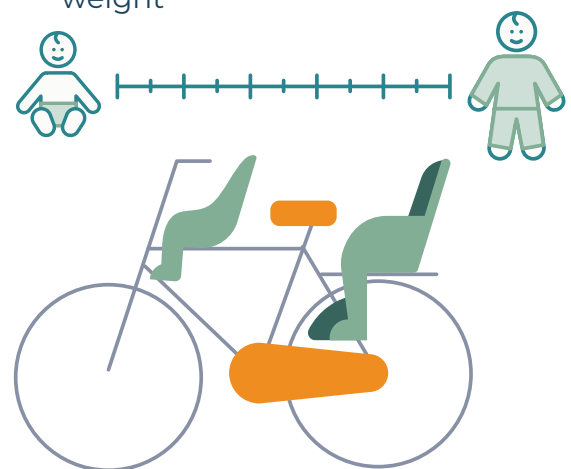
Go out safely with the 4 of Safe Cycling

When I go cycling with my child...

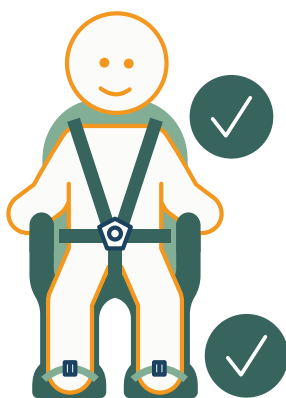
- 1 ...they are in a bicycle seat once they can sit up by themselves



- 2 ...I always use a bicycle seat appropriate for my child's weight



- 3 ...I always secure my child with 4 the shoulder straps as well as the foot straps



- 4 ...I always make sure I have good spoke protectors



Check which milestone your child has reached at [kinderveiligheid.nl/mijlpalencheck](https://www.kinderveiligheid.nl/mijlpalencheck) and receive yet more advice and tips to help your child grow up safely.