

## Outdoor Play

### Learning to ride a tricycle

Why do some children find this difficult?

- Children who struggle to balance and coordinate both sides of the body at the same time are likely to have difficulty with learning to ride a tricycle. As are children who have poor postural tone, which affects the control they have on their movements and their body

### Strategies and advice

- If their sitting balance is poor, you could try one of the modular tricycles that are suitable from infancy and have straps and adapted seat backs
- Practice on Balance Bikes without pedals, which allows them just to focus on their balance. There are a range of makes available on the high street
- Practice balance on other sit-and-ride toys such as rocking horses, little cars etc. This will give them the opportunity to practise getting on and off and sitting on. Make sure their feet can touch the ground
- Practice with getting on and off the tricycle. Help them by steadying it to start with
- Practice with pushing the tricycle along with both feet doing the same movement without the pedals to start with. If they need help to move the tricycle forward, consider buying one with an adult push bar
- Once they can scoot along, try encouraging them to place their feet on the pedals. Some makes of tricycle have pedal straps to keep their feet in position
- Place their feet on the pedal with one knee at the top and physically prompt and/or tap their knee to push down to get started. You may need to use the push bar to help them if they are not strong enough
- Keep prompting and praising the child so they continue pushing down with the top knee to keep moving the pedal and the tricycle forward
- At first, you will need to help your child steer as they get used to doing all the different components of tricycle riding, gradually offer less support