

- Watch for and yield to pedestrians.
- Watch for cars backing up or pulling out of driveways; be especially careful at intersections.
- Look left, right, and then left before turning into traffic or roadway.
- Never hitch a ride on a truck or other vehicle.
- Learn rules of the road and respect for traffic officers.
- Obey all local ordinances.
- Wear shoes that fit securely while riding.
- Wear light colors at night and attach fluorescent material to clothing and bicycle.
- Equip the bicycle with proper lights and reflectors.
- Be certain the bicycle is the correct size for rider (see [Fig. 14-9](#)).
- Equip the bicycle with proper lights and reflectors.
- Children riding as passengers must wear appropriate-size helmets and sit in specially designed protective seats.

Modified from American Academy of Pediatrics, Committee on Injury and Poison Prevention: Bicycle helmets, *Pediatrics* 122(2):450, 2008.

Family-Centered Care

Skateboard, In-Line Skate, and Scooter Safety

- Children younger than 5 years old should not use skateboards or in-line skates because they are not developmentally prepared to protect themselves from injury. Children ages 6 to 10 years old should use these only with close adult supervision.
- The age when children are ready to use in-line skates safely is not