Research shows that wearing a bicycle helmet reduces the risk of head injury by up to 74 per cent\(^1\).

To start safe helmet wearing habits early, Victoria Police, VicRoads, Early Learning Association Australia and Bicycle Network have introduced a Bicycle Helmet Education Pack. You may see the helmets and posters displayed in your child’s early years service.

**When should my child wear a helmet?**

Children should always wear a helmet when using wheeled items like tricycles, bicycles, scooters, when travelling on the back of an adult’s bicycle, or in a bicycle trailer. Starting the habit early means it is more likely to continue as your child grows.

It is important to wear a helmet whether in the street, in the driveway, a paved area, or on a footpath. An accident can happen anywhere, and it only takes impact with the ground or concrete to sustain a head injury.

It is important to teach your child to take their helmet off when moving to another activity as the straps can get caught on play equipment.

**Be a role model**

Children learn by watching and copying. Set a good example by always wearing your helmet when you ride and making sure it is correctly fitted and adjusted.