

Goddard School of Littleton Reminds Riders to Wear Helmets

Submitted by Jolie Uhrick, Director, The Goddard School® located in Littleton

The Goddard School® of Littleton Early Learning Facility would like to remind everyone how important it is to wear a helmet. We enjoy our Bike/Trike day once a month during the summer when we block off the school parking lot and ride, but always SAFETY comes first. Children of any age need protection when riding. It is important to make sure to always place the helmet on the child's head so that it is level and properly ventilated, as well as fitting the straps securely fastened. We also recommend that children are equipped with knee and elbow pads for ultimate protection as their bones are growing and easily broken.

Overall, bike riding is a wonderful way to encourage exercise as a family and it helps to improve large and fine motor skills with young children from two years and up as well as placing emphasis on the muscles that are used to enhance early literacy. Physical activity has a direct positive impact on children and their readiness for learning. Not only does it stimulate proper growth but it also is beneficial for physical and psychological changes in the neurons of the brain that are used for reading and writing. Balancing on a bike for example, improves early literacy because of the brain activity in the cerebellum, stimulating motor skills.

Enjoy a bike ride together soon because you are not only benefiting your young child's physical growth but stimulating their brain development as well for all the wonderful things their brains and bodies are ready to learn. Don't forget the most important part, SAFETY FIRST, protect your child with appropriate gear and have fun out there!