
Pediatric Helmet Safety

What I need to learn about helmet safety:

1. I will know why my child is at risk for getting hurt.
2. I will know how to keep my child safe by wearing a well-fitted helmet to protect his/her head when riding a bike or scooter, skating, skateboarding, or riding on an ATV or in a go-cart.

The staff will use three questions to teach me about helmet safety:

1. What is the main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat important points in my own words, or ask me to show what I have learned. They want to make sure that I know the information.

What is the main problem?

Children are at risk of hitting their heads while biking, riding a scooter, skating, skateboarding or riding on an ATV or in a go-cart. We know this because they:

1. Are still developing physically and mentally.
2. Are doing something that may be new for them.
3. Sometimes do risky things.

What do I need to do?

I will know how to fit my child for a helmet. I will make sure a helmet is worn during activities:

- That can result in a fall.
- That can result in being thrown from a moving vehicle.
- Where they may hit their head during the activity.

I:

- Will do a fit test to make sure my child's helmet fits well.
- Won't let my child ride a bike or scooter, skate, skateboard or ride on an ATV or in a go-cart without a helmet on.
- Will supervise my child's activities.

Why is this important to me?

My child could be hurt if they hit their head without a helmet on for protection. I can help to keep my child safe.

As part of my child's care, I have received this education plan. I may also receive:

- Bronson Children's Hospital Bike Helmet Fit Form
- Safe Kids – Does Your Helmet Fit Test
- Safe Kids – Bike Safety Tips
- Safe Kids – Skating and Skateboarding Safety Tips

Pediatric Helmet Safety Education Plan

Teaching Tools

Safe Kids Kalamazoo County education bag;

- Bronson Children's Hospital Bike Helmet Fit Form
- Safe Kids: Does your Helmet Fit Properly handout
- Safe Kids Bike Helmet Safety Tips handout
- Safe Kids Skating and Skateboarding Safety Tips handout

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**Always close each teaching session with the question,
“What questions do you have for me?”**

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