



Rock Guide



Get the complete Learn-To-Ride experience!

- Expert tips
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- Videos
- Testimonials
- Guides

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Why balance is so important

Balance is key to almost every physical sport and activity. Kids need to be active on a daily basis and balance plays a big role in the development of our children. Using the Strider 2-in-1 Rocking Bike to build balance and core strength at a young age gives them a strong developmental foundation.

Balance strengthens all of these important developmental building blocks:

- Attention and Concentration
- Body Awareness
- Bilateral Integration
- Crossing Mid-Line
- Hand-Eye Coordination
- Hand Dominance
- Muscular Strength
- Muscular Endurance
- Self Regulation
- Postural Control
- Sensory Processing
- Isolated Movements



Teach Your Child to Rock

At Strider, we love riding bikes and we love inspiring kids to ride. With the Strider 2-in-1 Rocking Bike, you can get your child started early and give them a head start on developing the balance and coordination it takes to be a successful (young) rider. They can start bonding with their very first bike today!

The skills they develop on the Rocking Bike are lifelong skills that will help them through their school years and beyond. **Welcome to the Strider family.** You are one of the early adopters that are changing the paradigm of how kids learn to ride and are setting the new standard for how young children explore the world on two wheels. Congratulations on taking the first step to teach your child to ride! We are excited to be on this journey with you.



Adjust the Bike

To make sure the bike is a proper fit for your baby, start by putting the seat and handlebars down as low as they go. Adjust the seat so that your child's feet are flat on the base with a slight bend in the knee. Babies grow fast! Be sure to readjust the bike as they grow.



Safety Recommendation



We recommend every child ages 12 months and up wear a helmet. This will help them associate riding a bike with wearing a helmet, and when the time comes to take the bike off the rocking base, they'll already be familiar with how it fits and feels. Refer to our Learn-to-Stride Guide for more on proper helmet fit. Babies younger than 12 months usually have relatively weak neck structure and helmets are not recommended for them.



Be Impressed

When your baby uses the rocker to pull up and stand or starts to initiate a rocking movement on the bike for the first time, be sure to lavish that little booger with praise. When babies have a social cheering section, it helps wire their brain for relationship and learning. So, don't hold back, hoot and holler for all your baby's bike firsts.

The Strider 2-in-1 Rocking Bike encourages the early development of balance, core strength, and basic motor skills so children can reach their maximum riding potential. To ensure your baby's success, we have developed this simple guide to help you along the way.

Follow these 4 simple steps to rocking success!

Keep an eye out for expert tips and activities along the way!



1

Practice Together

Introduce the Rocking Bike by sitting your baby on the floor next to it within reach. Give your child some time to look it over, reach out, or even start drumming on the base. Every baby develops at their own pace. There's no need to rush or force anything.

2

Support Baby on Bike

Start to spend more time encouraging your baby to sit on the bike. Kneel or sit next to your kiddo and hold them steady while they practice sitting on the seat.

3

Ready to Rock

Encourage your child to get up and stand on the rocking base by themselves. This will take some practice.

4

Ready to Roll

There are a few signs to watch for when deciding if your kiddo is ready to pop that bike off the rocker. Remember, the bike can go on and off as often as you like.



1 Practice Together



Your baby is growing like crazy (we don't have to tell you that!) and their brain is too. Your little one is learning to communicate and forming bonds. The main goal is for them to associate their bike with fun. When they are on their Rocking Bike, use it as a time to play and develop together.

Introduce the Rocking Bike by sitting your kiddo on the floor next to it within reach. Give your child some time to look it over, reach out, or even start drumming on the rocker. Every baby develops at their own pace. There's no need to rush or force anything. Help your child associate their bike with fun by keeping it playful and nonchalant.

As your child grows developmentally, encourage them to use the sturdy rocking base to pull up to standing. Already this action is helping build core strength and to bear more leg weight. Perhaps they start bouncing while standing or even rocking the base a bit. Great! Your little bundle is already getting their riding legs underneath them.



Practice Together

For now, support them on the bike and help them rock. You will notice their stability grow over time. You will likely have to show them how to place their hands on the handlebar grips. When your baby seems ready to start scooting and crawling, sit by the Rocking Bike just out of reach and encourage them to crawl towards you. Lavish them with kudos when they get to the Rocking Bike so they begin to associate their bike with joy and togetherness. The bike is where the fun is!

You already know how short your baby's attention span is, you will likely be lifting them on and off the bike several times throughout the day. Remember, you are preparing them for independence. Enjoy these moments with your baby; it won't be long before they are ripping down the bike path all by themselves.





Peekaboo

Place your baby on the bike and move around to face your them. Begin to give them a gentle rock. When they rock forward, lean close to them, smile, and make eye contact. Each time they rock forward count – 1, 2, BOO! If your little bean is steady on the bike, you can use your hands to cover your face when they rock back, and when then come forward, move your hands from your face and say, BOO! Babies love to be surprised as they learn that things they can't see still exist. They will stay engaged and enjoy their time with you, all while developing more balance and strength.

2 Support Baby on Bike

Your baby is starting to recognize and feel more comfortable with the people and things around them – parents, siblings, dogs, and their favorite bike. Perhaps you're seeing them go from sitting up, to crawling, to standing unassisted for a few moments. Their curiosity is expanding, and they are showing an interest in exploring how things work. Now you can start building their confidence on the bike.



Start to spend more time encouraging your baby to sit on the bike. Kneel or sit next to your kiddo and hold them steady while they practice sitting on the seat. Having you close helps your child feel secure. Reciprocate or mimic any signs of excitement from them with cheering and encouragement. More time spent sitting on the bike means more core strength being developed. Over time, you will need to steady your baby less and less. You will both gain more confidence, and just like that, your little tootsie is on the road to a lifelong love of biking and the freedom that comes with it.

3 Ready to Rock

With your now-older baby sitting comfortably on the bike, now is the time to start encouraging a bit more independence on their Rocking Bike. Encourage your child to get up and stand on the rocker by themselves. This will take some practice. Be there to support them, but do your best to let them try on their own (welcome to the rest of your parenting life). All of this play and practice is teaching your kiddo weight shifting. As confidence grows, let them try to put a leg up and over the bike. Ta-Da! Your baby has officially mounted their first bike. It's time to rock!

You can start by giving the bike a gentle rock and watch how your child responds. Sit in front of them, smile, make eye contact, and cheer when they begin to explore more movement on the bike. They may not get it to rock at first. That's okay. Ultimately, the bike should be fun. This is their first taste of the joy, confidence, and freedom that comes with learning to ride. Be patient. Keep it light. Let your little one set the pace. As their coordination, core strength, and enjoyment continues to develop, you'll likely see them rocking (and climbing) on that Rocking Bike like nobody's business.



Rock & Look



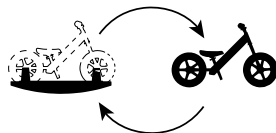
Face your baby while they are on the bike. Point to different things in the room or that are happening around you (cars driving by, pictures on the wall, birds singing, etc.) and talk to your baby about what you are seeing. Notice how they look around and respond. This helps to teach your child visual acuity and to look around and be observant when on a bike.



4 **Ready to Roll**

Your little baby isn't quite so little anymore, and they might be looking and acting a bit more like a toddler these days. You've probably noticed that increased mobility is creating a craving for more independence. Their pace around the house is quickening, and it is nearly impossible to get them to sit still. Your new toddler wants to tackle fresh challenges, hone new skills, and master new firsts – like pulling every single piece of Tupperware out of the lower drawers and cabinets. Is your squirt ready to go from rocking to rolling? There are a few signs to watch for when deciding if your kiddo is ready to pop that bike off the rocker.

Is your kiddo walking? If so, that's a great sign that they might be ready to take the bike for a spin. This may not be true for everyone, so watch for other signs as well. After spending time practicing on the rocking base, notice if your child can stand securely and get on and off the bike with no assistance. Watch to see if they can stand steady and shift weight from one leg to another without falling. Take your child's personality into account as well. Do they love exploring and want to do things on their own, or more timid and reluctant? Or maybe somewhere in between?



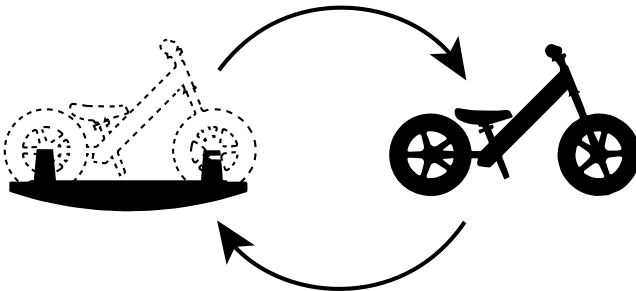
Signs that your baby is ready to roll

- Your kiddo is walking.
- They can stand securely on the rocker.
- They get on and off bike without assistance.
- Your child can shift thier weight from one leg to the other without falling.



A reminder for parents

There is no right or wrong time to pull the bike off the rocker. Every child is different. If you have a hunch that your kiddo might be ready, give it a try. Refer to the Learn-to-Stride Guide to help them get used to riding on two wheels. Don't worry if your child isn't quite ready or still prefers the bike on the rocker! You can take the bike on and off as many times as you like. Your little one will be ready in their own time, and being a kid, they'll let you know it. Most of all, have fun watching them develop, grow, and reach new milestones.





Grow with Strider!

Strider supports the complete learn-to-ride process.

The Strider 2-in-1 Rocking Bike is just the first step in the learn-to-ride process. Next, your child will be ready to stride. Don't worry, we've got your back. Check out our Learn-to-Stride Guide for steps to teach them how to stride. It will give you tips on how to adjust the bike, proper safety gear, and how to support your child. With the balance and coordination they gained from their days on the Rocking Bike, you'll certainly feel pride and joy in watching them take off!

Eventually, your little strider will be ready to pedal. The Strider 14x is the total package bringing the entire learn-to-ride process together. Because it starts as a balance bike, and transitions into a pedal bike, it allows your child to safely and confidently transition to pedals. Riding a bike isn't just a monumental childhood milestone; it instills a sense of confidence and freedom that are important for success on and off the bike. Strider grows with your kiddo every step of the way!

For the step-by-step striding process, download our

Learn-To-Stride Guide

www.StriderBikes.com/Learn-To-Stride



Join the community!

Connect with us on social media @striderbikes and see what other Strider riders around the world are doing!

We love to see pictures of kids on Strider Bikes. Submit your photos at
www.StriderBikes.com/photocontest



#StrideOn!



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