

Crow Wing
energized

www.CrowWingEnergized.org

HOW TO FIT A CHILD BIKE HELMET



Position the helmet to sit **LOW** on the child's forehead with two finger-widths above the eyebrows. The child should be able to look upward and see the front rim of the bicycle helmet. The left and right side straps form a "Y" and meet right below the ears. Allow two fingers space under the chin strap. Ask the child to shake from side-to-side and up-and-down (no or yes motion). The helmet should not wobble.

Crow Wing Energized is a grassroots community health and wellness movement led and funded by

