

Crow Wing  
*energized*

[www.CrowWingEnergized.org](http://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



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