

# Kohl's Healthy Kids

A monthly positive parenting column from the experts at Children's Health Education Center. Made possible by Kohl's Department Stores.

## Encourage your child to wear a bike helmet

One of the best gifts you can give your child is a bike helmet. Bike helmets protect children from head injuries, the leading cause of injury-related deaths among children.

The protection a bike helmet gives can last a lifetime. It is important to be sure the helmet you buy is approved by the Consumer Product Safety Commission. Before March 1999, recommended helmets were approved by either ANSI, ASTM or the Snell Foundation. Older helmets approved by one of these groups still are safe to use.

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**"Always wear a helmet. It can reduce the risk of head injury by as much as 85 percent."**

**Lisa Klindt Simpson,  
Safe Kids  
Southeast Wisconsin  
coordinator**

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Follow these tips to assure your child wears a bike helmet:

- When you buy your child's first bike buy a helmet, too.
- Make sure wearing a helmet is a rule you enforce.
- Be a role model. Always wear a helmet when you ride a bike.
- Let your child choose his or her own helmet. There are lots of styles and colors to choose from. Or, let your child personalize the helmet by using stickers or paint to decorate it.
- Praise your child and others for wearing their helmets.
- Help your child realize the head is the most important part of the body.
- Help your child's school establish and support the rule: "If you ride your bike to school, you must wear a helmet."
- Make sure the helmet fits properly. If the helmet is too loose, it is not protecting your child's head.
- Kids, do the "Eyes, Ears and Mouth" check:
  - Eyes check:** Put the helmet on your head. When you look up, you should see the bottom rim of the helmet (one to two fingers above the eyebrows).
  - Ears check:** Make sure the straps of the

helmet form a "V" under the ears when buckled. The strap should be snug but comfortable.

**Mouth check:** Open your mouth as wide as you can. The helmet should hug your head. If it's not, tighten the straps.

"Always wear a helmet. It can reduce the risk of head injury by as much as 85 percent," said Lisa Klindt Simpson, Safe Kids Southeast Wisconsin coordinator.

Bike riding can be fun for your family. Make sure everyone is wearing a helmet.

For more information, visit [www.BlueKids.org](http://www.BlueKids.org). Comments can be directed to CHEC at (866) 228-5670 or [chec@chw.org](mailto:chec@chw.org).



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