

Buying A Bike For A Child? Here's What To Know.

For children three years old and under, a balance bike is your most useful purchase. We need to learn balance first, so six months or more using a balance bike makes a big difference in how easily a child will transition to a regular bike.

Anywhere from four to five years old, most children become ready to learn to ride a bike.

Bike sizing should be done according to if a child is just learning to ride or is already riding and has outgrown the current bike.

First bike - fit the bike (or balance bike) so that the lowest position of the seat is set to the child's inseam and the child can comfortably place both feet flat on the ground.

New, bigger bike - use the table below. When between sizes, opt for a larger wheel size, but a frame that allows the child to sit comfortably upright.

Age	Height inches	Inseam inches	Wheel Size inches
2-3	36 - 39	15 - 18	12
2-4	37 - 44	15 - 20	14
4-6	41 - 48	16 - 22	16
5-8	45 - 54	19 - 25	20
8-11	49 - 59	23 - 28	24
10+	56 plus	25 plus	26

Essential Pro Tips!

Buy a bike from a local bike shop or store that has a bike sales and repair department. Have them help you fit the bike according to the table.

Some stores offer a trade in policy. Look for that when buying a first bike. When possible, buy a mountain-type bike with wide tires, they are easier to control. Don't buy a BMX type bike, they are designed for strenuous pedaling in a standing position. Look for bikes with adult-type hand brakes for children 6 and older, but check to be sure the child can effectively grasp and pull the hand brakes.

Training wheels aren't effective for learning to ride. Opt for bike lessons.

