

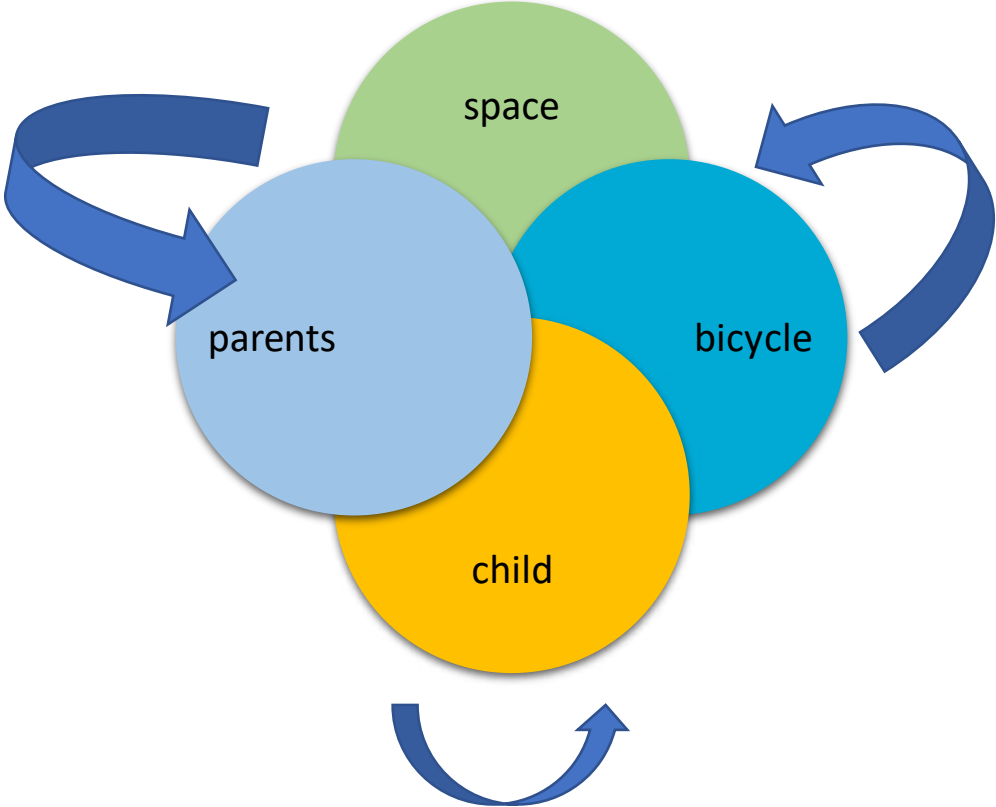
# Building children's independent and active lifestyles

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Who and what allow children to cycle in the streets? And how?



Stage 1



- Bonding while on the move
- Interaction with surroundings
- Learning first cycling rules



Stage 2



- First phase of letting go
- Discovering the surroundings of the house
- Developing balancing skills, steering, ...



Stage 3





- Conversations with 2 children of different ages
- Relaxed rides on calm streets and separated cycling infrastructure
- Absorbing behavior and interaction



Stage 4



- Giving your child more autonomy, responsibility and freedom
- Building trust
- On sidewalks, in parks, around the house
- Side by side rides
- Dealing with others by responding in actions



Stage 5



- More space, more trust, but still there if needed
- A daily fixed route, familiar challenges
- Playing further away from home, roaming
- Developing skills further, getting used to traffic



Stage 6



- Out of sight, which is very, very exciting, at the same time builds trust even more
- A few minutes behind, if needed
- A daily fixed route, familiar challenges
- Developing skills further with independent decisions







- From the childseat to a two wheeler in a number of stages



- From safe and familiar spaces to more challenging ones



- Parents need to feel that the environment is safe, to give more trust

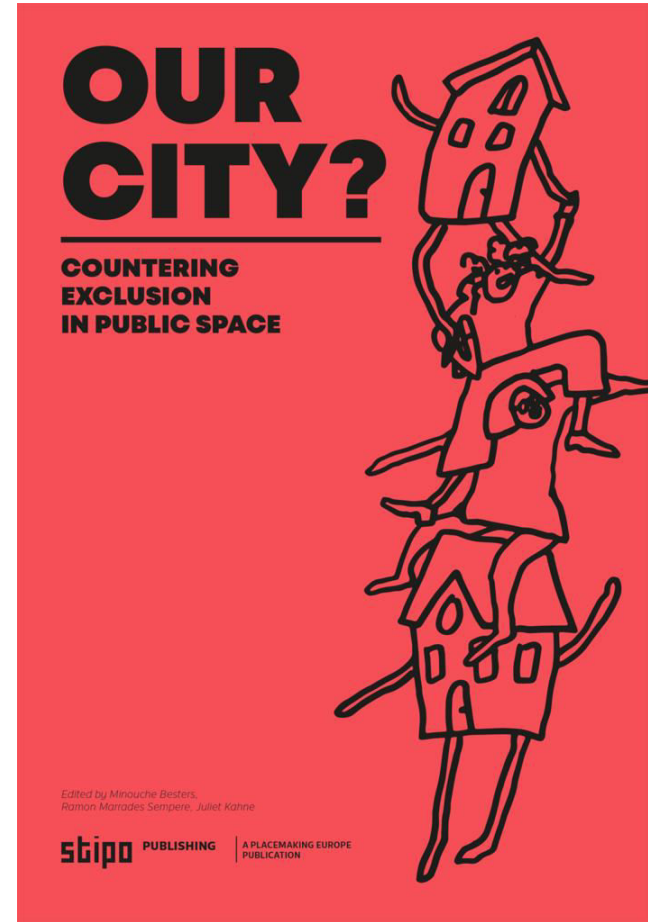
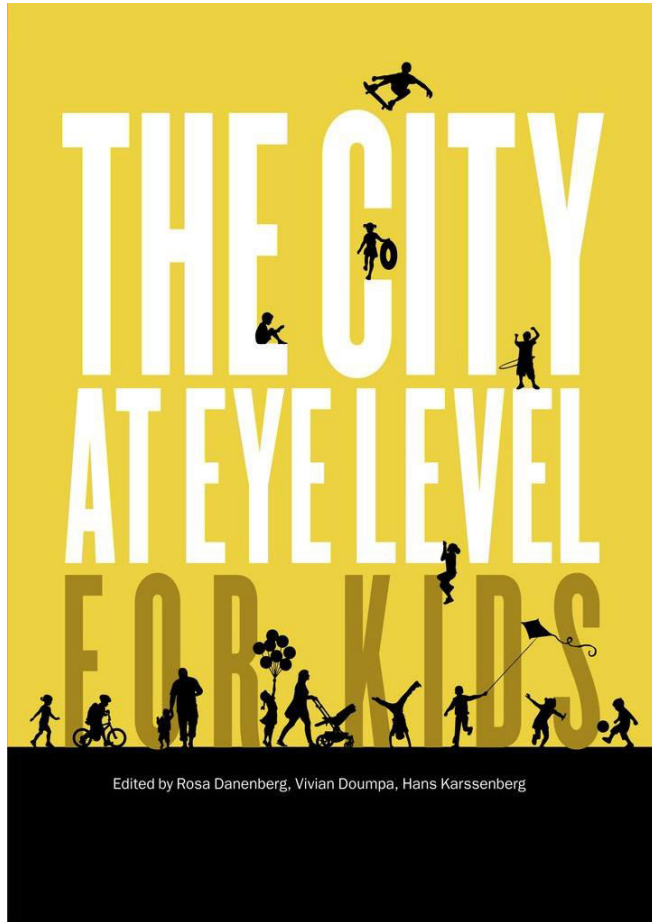


- As children grow older, they gain more trust and build independency



What message do we prefer?





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# THANK YOU



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