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

THANKS FOR BEING THE BEST MOM and picking me up more times than I can count!
THANK YOU

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