



Walk Bike or Roll to school



Why Walk, Bike, or Roll to School?

Walking, bicycling, or rolling to school with your child is a great way to help improve your family's overall health and well-being. But there's more! It can also:

- Improve your child's academic achievement and focus during school
- Provide daily physical activity that helps keep your child and family healthy
- Teach your child responsibility and independence
- Provide quality time with you and your child every day
- Reduce traffic congestion and the stress of school drop-offs and pick-ups
- Provide social connections and networks for you and your child

What Can You Do?

- Walk, bicycle, or roll with your child to school at least one day a week or encourage them to do so with friends*
- If you live far away, park at a nearby park or business and walk your child from there
- Talk with neighborhood parents/caregivers about establishing a "walking school bus" or "bicycle train" where children walk/bicycle in a group supervised by one or more trusted adults
- Teach your child the rules of the road and how to deal with strangers
- If you have traffic safety concerns, talk with your school administrator about documenting these and working with your City/County to address them

**Important note: Children under 10 should not walk, bike, or roll to school unsupervised. If you can't accompany your child to school, talk with other trusted parents/caregivers who live nearby to see if you can take turns walking each other's children to school.*



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