

**Pregnant**

For greater comfort, try a step-through frame, a folding bike, a more upright Dutch-style bike or an e-bike.



**Cargobike**

Babies can travel in carseats, alongside bigger children of any age. This is the most flexible but greatest investment.



**Twins or a baby and a toddler**

Double trailer with baby support inserts, (weight limit 45kg).



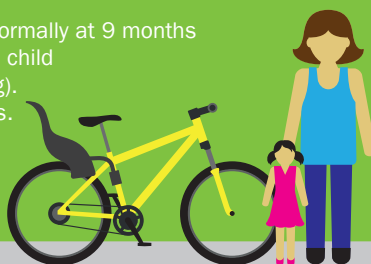
**One baby under 9 months**

Babies of any age can travel in a single/slimline trailer, with baby support inserts, (up to 9kg).



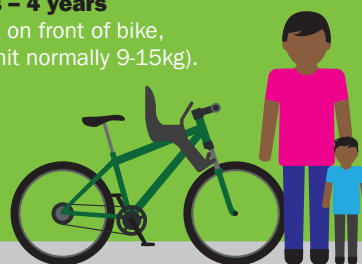
**9 months – 5 years**

A baby who can sit up unaided (normally at 9 months and 9kg) can use a rear mounted child seat (weight limit normally 9-22kg). Choose one that reclines for naps.



**9 months – 4 years**

Child seat on front of bike, (weight limit normally 9-15kg).



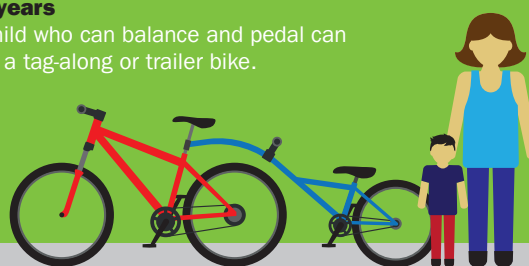
**Baby/toddler and child who can pedal**

Combine a front seat on your bike and a tag-along. You can use a front seat and rear seat attached to a normal bike too.



**4+ years**

A child who can balance and pedal can use a tag-along or trailer bike.



**Tandem**

A child who can balance and pedal can use a tandem. You can also attach childseats to some models.



**School aged children**

Once they are confident you can cycle on separate bikes. Start on traffic-free routes, then encourage your child to do Bikeability levels 1, 2 and 3.

