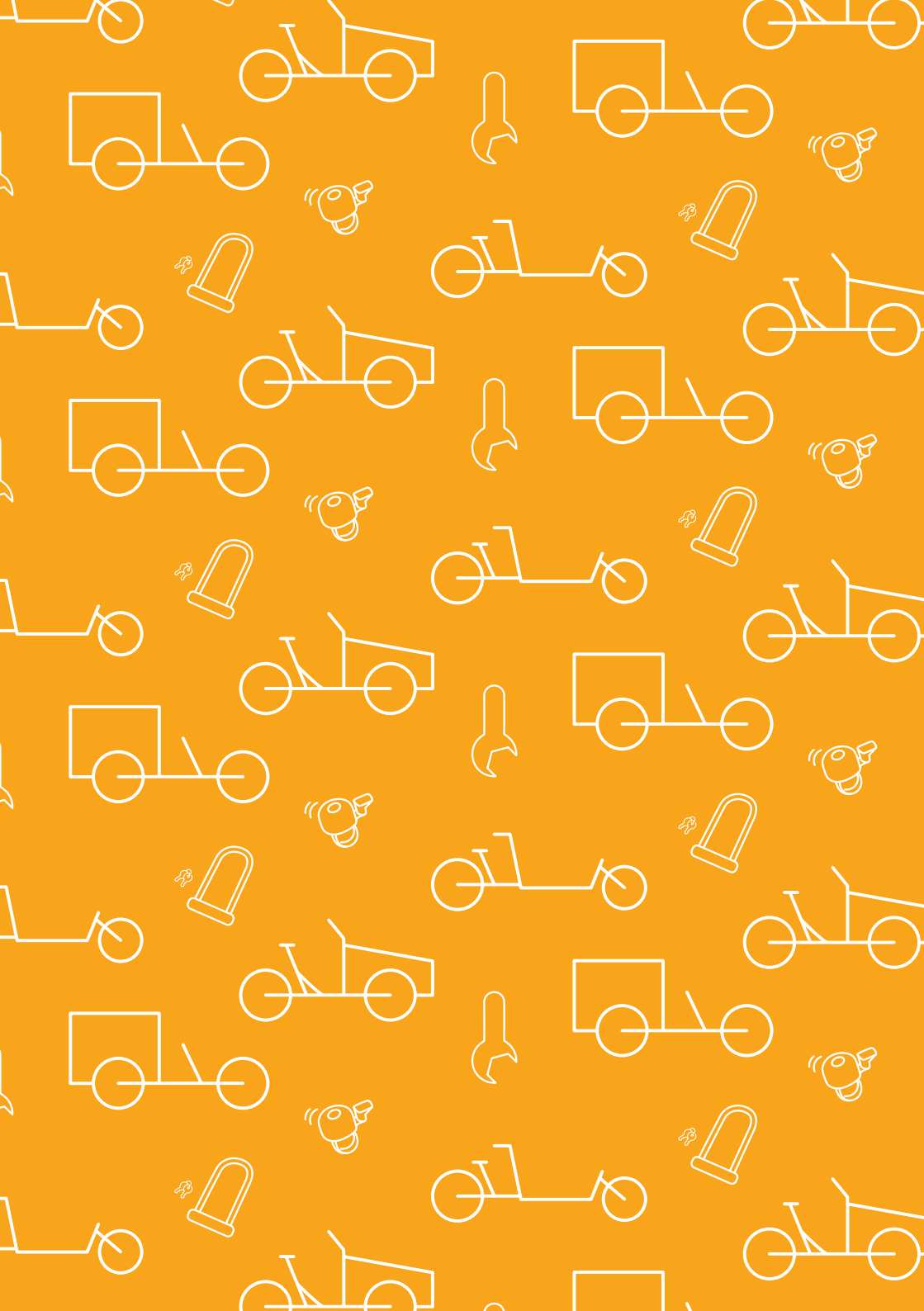


Transporting Children



— *on the Family Bike*



Transporting Children on the Family Bike

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CycleLogistics - CityChangerCargoBike
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About us

City Changer Cargo Bike (CCCB) builds on the limitless potential of cargo bikes, promoting their usage among public, private, and commercial users. Through support of the Horizon2020 programme, CCCB brings together a team of 20 partners from Norway to Greece, the United Kingdom to Bulgaria.

Learning from best practice across Europe, the initiative will raise awareness and support the uptake of cargo bikes and cargo bike initiatives. In doing so we will foster exciting developments that, among other things, offer more sustainable logistics operations, improve public spaces, engage citizens, and reduce traffic congestion.

Introduction

So much changes in life when a child is born. What doesn't have to change is that you can continue to travel by bicycle. However, it may be necessary to get a larger bike; Family bicycles are a safe, healthy and inexpensive alternative to the car for transporting not only your children but also a lot of other stuff.





Cycling during pregnancy

There is no reason why you shouldn't continue cycling when pregnant! An electrically assisted family bike can help here. Even pregnant and possibly a bit short of breath! – you can reach every mountain top. Start to think about the time after the birth early and prepare the baby seat and mounting. Because after the birth you have other concerns.

Riding a bike with a baby

Just like in a car, you can transport your baby in the family bike from day one in the infant carrier. Special mountings exist, which can easily be attached to the family bike. The infant carrier is spring-loaded (e.g. Steco's product) or cushioned with a soft foam mat (e.g. WorkCycles' Kr8L). Therefore, your baby will not be jolted, even at higher speeds, but rather gently cradled to sleep.





Bakfiets.nl

Transporting toddlers

Once children become too big for the infant carrier, there are lightweight foam child carriers. The shell can be easily mounted on the bench or on the loading area of the cargo bike using Velcro fasteners and removed in one easy step. The big advantage of the child carrier is that the child can fall asleep quietly while riding. Because the belt position can be changed, it can be used to transport children up to two years old.

Cycling with older children

Children of kindergarten age (3 – 6 years) should be riding their own bicycle. However, because this is not always practical or possible, we have to take them along on the family cargo bike often. The children can take a seat on the bench. They must wear a helmet and be strapped in. Most family bikes can accommodate up to two children. An additional row of seats and longer loading areas can increase the capacity even further. For children from the age of eight, reloaders (longtails) are ideal.





De Oostvaarders
Balfiet

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werken met de Natuur



Cycling in the rain

All common cargo bikes offer rain canopies. When buying, you should make sure that they can be quickly and practically assembled and disassembled. They should be flexible and partially openable (particularly when the sun comes out after the rain). If they are not too flat, they can also accommodate larger children.

Cycling in winter

In winter, your child is at least as well cared for on the family bike as in a pram. The baby or toddler should be dressed in warm cloths and strapped into a kind of sleeping bag in the baby seat. A blanket and - if it is very cold - the rain canopy should be placed on top. You yourself get warm through pedalling and your baby stays cosy and warm in the bike.





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Cargo bikes for kindergartens

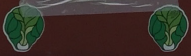
A family bike also expands the circle of movement for a children's group or kindergarten. On some models up to six children can be transported. To the theatre with the preschool children? Follow the bigger children on a hiking day with the little ones? With a cargo bike this is no longer a problem. Look out for rental or sharing systems if you want to get a bike for your kindergarten or school. Alternatively enquire if such bikes are funded by the city. If not, why not suggest such an idea. By the way, load bikes are not only practical for transporting children. Food can also be transported on cargo bikes.

Cargo bikes for childminders and crèches

If you work in a team, you can go to the forest with some of the children. Up to four child carriers can be fixed in one cargo bike and transported safely. Without carrying and pushing you can get to the most beautiful places. And the children will love it!



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Parents as role models

We know from the Austrian children and youth health report that only about 27 percent of boys and 15 percent of girls achieve the recommended daily exercise level for children and adolescents. We also know that children's physical activity is influenced by their parents. If we want our children to exercise a lot and be active, we must set an example. Parents on bicycles are not only cool. A family bike makes life easier, more predictable, more flexible and life more beautiful. All this, at a very low cost. Balanced parents, balanced children.

Learning mobility through play

Vehicles make great toys! But they don't necessarily have to be shaped like cars. Matchbox cargo bikes are available for children 12 months and older, are made of beech and cherry wood and treated with natural linseed oil. Whether used in an obstacle course or in a crash with other toys, these wooden bikes are not only stable, but also show that there is no need for a car to be mobile.





Why a family bike?

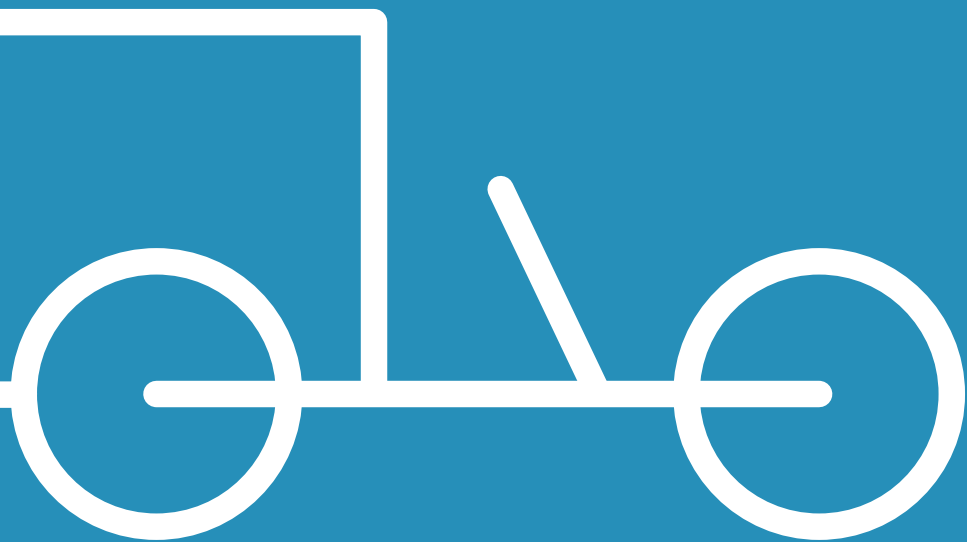
- Safe and reliable: With the family bike to you are independent, regardless of the unpredictability of city traffic. You are fast and safe because you ride defensively and avoid the main roads. You don't need to plan for traffic jams or parking.
- Inexpensive and practical: the bicycle is the most inexpensive and practical means of personal transport. While a car with purchase and running costs amounts to about 100 Euro per week, a good electric family bike costs only 15 Euro per week, or about 2 Euro per day. <https://www.familienrad.at/kosten-nutzen>
- Healthy and active: Especially when you have children you have to use time more efficiently. By incorporating physical activity into your daily routine, you save time (and money) for the gym.



What is a family bike?

A family bike is a cargo bike – specially designed for transporting people. You can transport anything: big or small children, shopping, toys, musical instruments or gifts. It's simply a stroller and wheelbarrow in one. Basically, there are three types of family bicycles:

1. Single-track front loaders (Longjohns), with a loading area between the handlebars and the front wheel further forward.
2. Two-track tricycles, with a loading area situated usually between the two front wheels.
3. Longtail loaders with a long and stable luggage carrier for children's (or adults') benches.
4. Which family bike suits you best depends on how many children you want to transport, how and where you want to go, and how much budget you have available. You can find a quick overview at www.familienrad.at.



Where to buy? Where to borrow?

Your decision to buy a family bike, it will be one of the best investments of your life! Before you buy a bike, you should try out different models, preferably with your children. This is not a problem in specialist shops. Discuss the cost of an annual service when you buy. Try to find a retailer that offers maintenance as close to you as possible. Also find out if there are any subsidies for cargo bikes in your area or country. You can find more information at www.familienrad.at.

More and more cities offer rental systems where you can try a bike for free or a small fee. In Vienna, for example, there are Grätzlräder (www.graetzlrad.wien), in Graz www.das-lastenrad.at. These rental options are great if you do not have enough space to store a family bike or if you simply want to find out on which model suits you best. If you do not have such a system in your city, why not suggest it to the responsible city department.



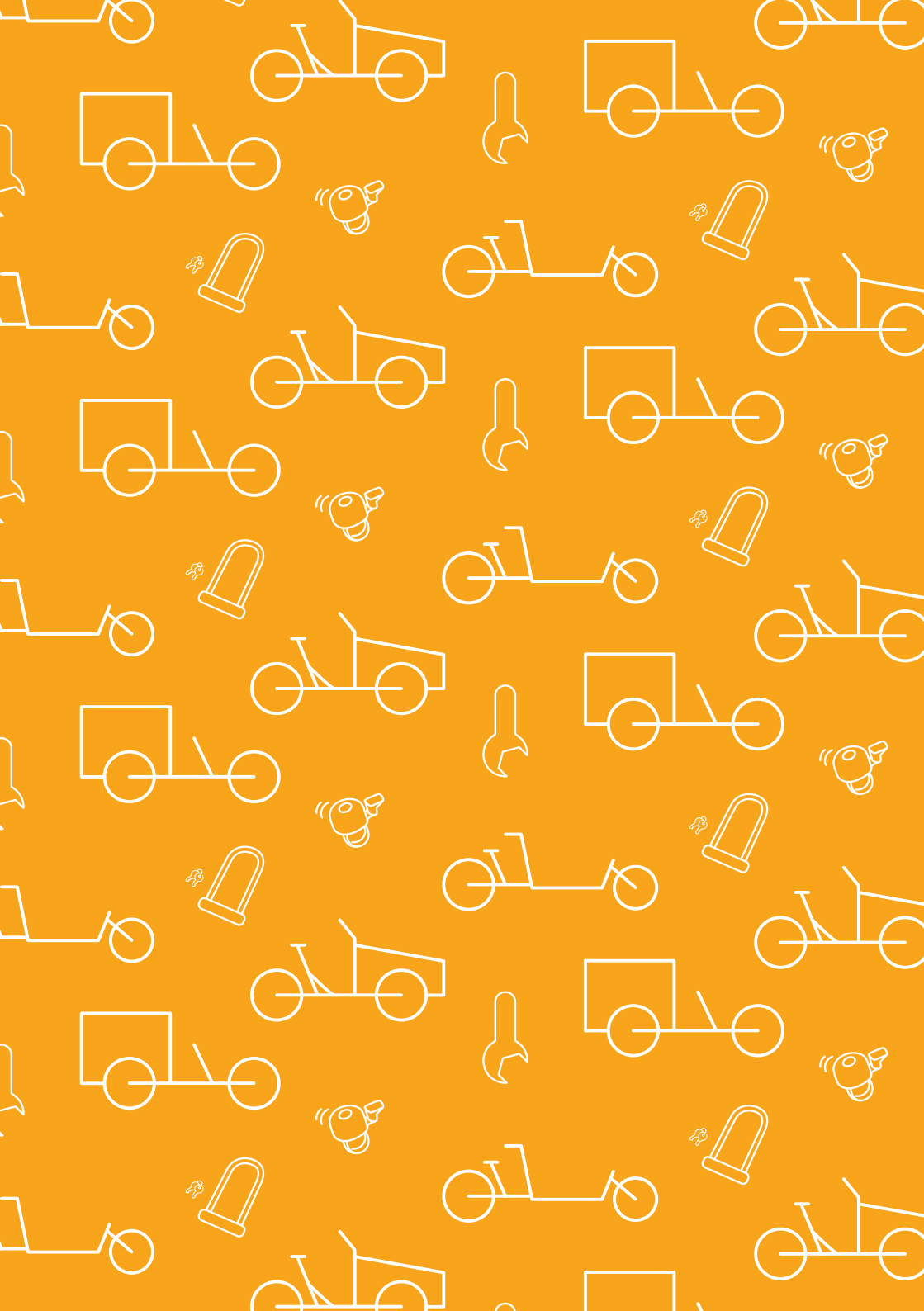
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