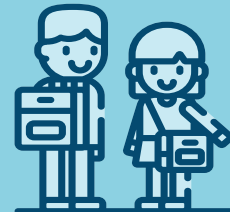


Tips for Parents

Fitting walking and wheeling to school into your routine

Focus on the benefits

- Walking and wheeling to school helps your child:
- Increase their activity level to boost mental and physical health.
- Connect with others and spend time outdoors.
- Enhance focus and concentration at school.
- Develop resiliency and safety skills.



Ideas to get you started

- Set a family goal together. Let kids identify motivations for walking and wheeling to school! Keep track on your family calendar.
- Test your route on the weekend. Explain safety tips & time your route.
- Find the best routes using the [OSTA Walk Zone maps](#).
- Get kids involved – have them pack their bags and lay-out clothes the night before.
- Plan ahead - set out a healthy breakfast and pack your lunch the night before.
- Have your children get ready without technology.
- Take turns walking the kids to school – alternate days with other family members and neighbours.
- Make your coffee at home to share more time with your child walking instead of sitting in a drive-thru.
- Enroll your family in a Cycling Education course with the [City of Ottawa](#).



Engaging other parents

- Remind yourself and others about the benefits of active transportation.
- Seek out other walking families and talk about ways to engage others.
- Join up with other families on route to school. Make informal walking groups and find strength in numbers.
- Talk to interested teachers and school administrators. Interest from the parent community can jump-start a School Active Transportation club or team.

Strategies to consider

- Set a manageable goal to get used to modifying your morning routine.
- Start small - walk one day a week. Pick a consistent day like 'Walking Wednesdays'.
- Plan to share a healthy family breakfast before your walking commute to add a spring in your step on the way to school
- Walk part way. Park a five-minute walk from the school and walk the final block.

Engaging your child

Check out these children's books about walking and cycling - available at the Ottawa Public Library.

A Good Night Walk by Elisha Cooper

Sally Jean, the Bicycle Queen by Cari Best

Duck on a Bike by David Shannon

Franklin Rides a Bike by Paulette Bourgeois

Timoté fait du vélo, de Emmanuelle Massonaud

Mon vélo, de Byron Barton

Un canard à bicyclette, de David Shannon

Christophe l'écolo-rigolo: une histoire de vélo écolo, de Charlotte Middleton

