



Balanceability Case Study

A Parent's Perspective Part Three – the last one!

Child: Annabel, age three

Parent: Gurby

Course: 12-week Balanceability course (Level 1 & 2)



Cycling Journey

Annabel started the Balanceability course at age three. She had never been on a bike before and this was her first time on a balance bike.

She was nervous but excited about learning to ride and at times her progress was slow, but she has quickly grown in confidence, thanks to the fun games and activities she was encouraged to do as part of the Balanceability programme.

These are her key milestones:

- Week 6 – mastered sitting and running
- Week 7 – able to balance and glide
- Week 9 – transitioned to a pedal bike

This is a remarkable achievement for a three-year-old and something some children never experience or acquire later in life because they have been riding with stabilisers.

Quote from Gurby, Annabel's mother – "Balanceability has been a Godsend and I believe learning to cycle should be made compulsory in all nurseries and schools. As we become more health, transport and environment-conscious, getting more children cycling could help

tackle some of the growing problems we face today, such as obesity, pollution and our over-reliance on cars”.

“I’m glad that Annabel had the chance to learn to ride through Balanceability. The course has given her a vital life skill which, in turn, is having a positive influence on other aspects of her life”. For instance, Annabel:

- Is more focused and motivated when it comes to reading, counting and learning new skills
- Can listen and follow simple instructions
- Is stepping into situations with confidence and does not let fear hold her back
- Interacts confidently with younger/older children and actively seeks to make new friends
- Has successfully applied her cycling skills to learning to ride her Balanceability scooter
- Wants to spend more time outdoors riding her pedal bike

