

# LEAVE THE STROLLER AT HOME!

Reduce the amount of time your child spends in the stroller:

- Allow enough time for walking with your child.
- Gradually limit time in the stroller for local trips.
- Park the car further away and walk to destinations.
- Let your child walk or pedal a bicycle a bit further each time.
- Don't take a lift or ramp – let your child walk and climb up steps.



**Less time in the  
stroller teaches road  
safety and keeps  
children active!**