



CAR-FREE with kids

More and more people are toting their kids around Cambridge without cars. No need to get rid of your car to take advantage of walking, biking, and transit.

Walking

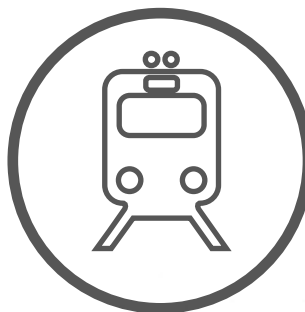


Carriers: Carrying your baby is a great way to get around. For information on choosing a carrier, go to consumersearch.com/baby-carriers or bostonbabyweavers.com

Strollers: A good urban stroller is the key to a great walking experience. It should be as compact as possible. Some look like jogging strollers and are very long and difficult to navigate in small urban places. A front/back double stroller is better than a side-by-side model. For information on choosing a stroller, go to strollerreviewguide.com

Strollers & Carriers: Strollers and carriers are allowed on subways and buses. Most MBTA buses have low floors so it's quick to lift a stroller onto a bus. Elevators make taking strollers on the subway easy. For elevator service alerts, go to bit.ly/IRqhN4

Transit



Biking



Child bike seats: Cycling with kids is fun! If you are already comfortable bicycling in an urban environment, you will probably feel comfortable cycling with kids on major urban streets. If you're new to cycling, consider starting with your kids on the paths along the Charles River or the Minuteman Trail. The carrying options include: front bike seat, rear bike seat, or trailer. For a good overview of front bicycle carriers for children, go to totcycle.com/blog/all-about-front-child-bike-seats

Cargo bikes: European-style cargo bikes are the perfect way to bike kids around. Known as Bakfiets in the Netherlands, they are becoming more popular in the United States, and you can see some of them biking the streets of Cambridge!



Getting your kids to bicycle: Don't wait until they can pedal. Add a child carrier to your bike, strap in your kid, and go for rides regularly. Show enthusiasm on every ride. As they become more comfortable with the rides, move them to bikes that offer more independence. Nothing generates greater enthusiasm for bicycling like a growing sense of self-sufficiency. Balance bikes are great teaching tools to prepare toddlers for bike riding. For a good article on a child's bike progression, go to rei.com/expertadvice/articles/cycling+with+children

Carfree with kids blog: Check out carfreecambridge.com for a local resource filled with informative posts about living in Cambridge—with kids, but without a car.

There's more on how to be a carfree family at yesmagazine.org/happiness/how-to-be-a-carfree-family

For more information: Contact Jeff Rosenblum at jrosenblum@cambridgema.gov or 617/349-4615