

GOOD STUFF for the kids & grandkids

A child's helmet should fit firmly and should not be bought to grow into.

Kids ski helmets

If you are thinking about taking your family skiing next winter and you have children, remember the importance of kids ski helmets. Ski helmets are one of the most important pieces of equipment needed for a skiing trip; they can help keep a fun vacation from turning tragic. Even if your child is on the beginner slopes and skis super slow, a helmet is a must. It is important when shopping for the helmet that you get a ski helmet, not a bike helmet or any other sporting helmet.

When choosing the helmet, go to a shop that can help you with sizing, they will know how it should fit and show you how to properly wear the helmet. You want to get one that fits just right and does not disrupt your child's vision or make it hard for him to hear what



photo courtesy Obermeyer

is going on around him. The helmet should be comfortable, lightweight and warm. The helmets come in many colors and styles so your child is sure to find something that will be cool enough for them to wear without complaining, or at least without too much complaining. Kids ski helmets will give you piece of mind so you can relax and enjoy the trip along with the kids.

Helmets should fit firmly; this is not an item that you want your kid to grow into.

How to Fit a Kids Helmet

By now, most skiers and snowboarders are well aware of the safety benefits of wearing a ski helmet. Not only do they keep the head safe, on cold days they provide more warmth than even the warmest hat.

Just remember that an ill-fitting helmet is the equivalent of not wearing any helmet at all. Here are some important guidelines to follow when fitting a kid's ski helmet.

1. **Measure it.** Start by wrapping a measuring tape around your child's head. The helmet should overlap the tape.
2. **Try it On.** First, align the rim of the helmet with your child's eyebrows. While holding the straps on both sides, roll the helmet to the back of

your kid's head.

3. **Watch the Gaps.** You will want to make sure that the pads of the helmet are flush against your child's cheeks and forehead. Make certain that the back of the helmet is not touching his or her neck.
4. **Give it a Roll.** Have your child roll his or her head as if they were trying to dislodge the helmet. The helmet should stay on if the fit is correct.
5. **Goggle test.** Make sure that your child's goggles fit with the helmet. There should be no gap between the top of the goggles and the rim of the helmet.
6. **Let it Breathe.** Many helmets now come with a ventilation system. This prevents overheating.

To make wearing a helmet fun, consider some of the helmet covers designed by Helmet Headz. (www.headztrong.com/)

Helmet covers come in various styles, including animals and princesses, and have an added benefit that it's impossible to miss your kids if they are wearing one of these. ♦



photo courtesy Helmet Headz

Covers by Helmet Headz are fun!