



## Barriers and Solutions to Active School Travel

Many families are interested in walking or wheeling to school but may face everyday challenges. Sharing ideas and practical solutions can help make active school travel a safe, convenient, and enjoyable option for more students!

### “I don’t have time”

- Mornings are busy — and that’s okay! Start small. Try walking or wheeling just once or twice a week. Maybe walking home works better.
- Park a few blocks away and walk the rest. It saves time, reduces traffic, and makes a big difference!
- Sometimes walking is faster than finding parking or waiting in an idling vehicle near the school.

### “My child is too young”

- Walking with your child is a great way to connect and get active together.
- Team up with other families to start a walking school bus and take turns leading the group.
- Ask an older sibling or trusted student to walk with your child.

### “I’m worried it’s not safe”

- It’s normal to feel unsure. Start by walking the route together before the school year starts and at the change of seasons to teach safety skills in a changing environment.
- Choose routes with sidewalks, crossings, and less traffic.
- Talk to your school On the Move committee to find out what changes might be planned in your community and for any preferred routes that maximize safety.

### “We live too far and take the bus”

- If your child takes the bus, that’s great! It’s better than driving and helps reduce traffic.
- Walk to the bus stop when possible — it adds movement to the day and helps everyone get to know their neighbourhood and neighbours.
- If you drive, park a few blocks away and walk the last five minutes to get an active start to the day and help your child to get ready to learn!

