

September 2009

SHOPSMART;)®

NO HYPE + NO ADS + JUST GREAT BUYS!

BEST SUNSCREENS



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'ORGANIC' BODY-CARE PRODUCTS

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Supermarket Savings!

Spend hundreds less and eat better, too

DOLLAR STORE DEALS & DANGERS

You won't believe what we found!



BEST RECIPE WEB SITES
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17 EASY WAYS TO KEEP CLOTHES LOOKING NEW

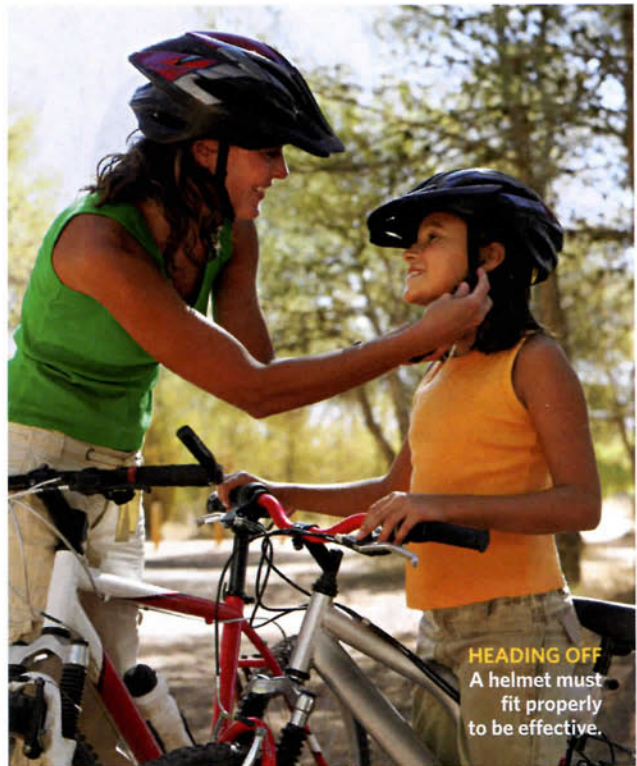
Safer cycling

The right bike helmet will help protect your kids on the road

12
TESTED
4
SMART
PICKS

Biking is a great way for kids to get exercise, but it's also an easy way to get hurt—badly. A helmet can reduce the risk of a bicycle-related brain injury by up to 88 percent, so buy a good one and make sure it fits properly and that your child always wears it. To find the best-performing helmets, we outfitted a metal “head” with helmets and simulated crashes

into a curb or a rock and a fall on pavement. We also tested the straps and buckles to see how they resisted stretching, slipping, or breaking. No matter how well a helmet withstands impact, if it's knocked out of position, it won't protect you. Any helmet should meet the government's mandatory safety standard, as our Smart Picks did.



HEADING OFF
A helmet must fit properly to be effective.

best helmets

Bell Trigger

Price \$35

Why we like it This model is easy to adjust and offers very good ventilation, so your youngster will keep his cool when riding on hot days. Our tests showed it offers good impact absorption, and during the tests it stayed put on children's heads.

Where to buy it www.bellhelmetstore.com



Schwinn Thrasher

Price \$20

Why we like it This helmet has a simple-to-adjust retention system (tech speak for buckles and straps), so it's supereasy to get a correct fit. It also offers superior ventilation and good impact protection. Plus it fit many different sized and shaped heads.

Where to buy it www.amazon.com



HARDHEADED

You wouldn't let your kid ride a bike without a helmet, right? But the Consumer Reports National Research Center recently surveyed 1,000 people about their own helmet habits and **although 82 percent said they felt that it was important to wear a helmet while riding a bike, just 44 percent said they actually did.** Parents with children at home were more likely to wear a helmet, but not by much.

bargain buy

Kent Razor V17

Price \$19.99

Why we like it This multisport-style helmet offers more back-of-the-head coverage than a traditional model. It also has less ventilation, but it's popular with kids.

Where to buy it www.amazon.com



top toddler pick

Giro Me2

Price \$30

Why we like it This helmet for kids ages 1 to roughly 5 offers very good impact protection and stays in place well. It's easy to use and has a pinch guard to protect your child's neck when the strap is being buckled.

Where to buy it www.bellhelmetstore.com



Get the right fit

A helmet should fit snugly (when your child opens his mouth, the helmet should be pulled down) and sit level on the head, not tilted back like a hat. The straps should form a V under your child's ears, and the buckle should be centered under his chin. Throw out any helmet that has been in an accident, even if it doesn't appear damaged. Some manufacturers will replace a helmet that has been in a crash for a small fee.

Buying a bike?

A secondhand bike can save you money. Just make sure it has reflective gear on the rear, front, side, and pedals, mandated by law. Check www.cpsc.gov to make sure it hasn't been recalled, and take it to a local bike shop for a tune-up.

STREET SMARTS

Help your child learn cycle safety

■ **Play it ultrasafe at first.** Limit a beginning cyclist's rides to parks, bike paths, smooth trails, sidewalks, and other no-car zones. Ride with her and remind her to steer clear of gravel, sand, potholes, and other hazards. As her skill level improves, graduate to neighborhood streets and other low-traffic areas. "Just like you teach kids how to safely cross the street as a pedestrian, you need to teach them how to ride safely around cars," says Libby Thomas, a research associate at the University of North Carolina Highway Safety Research Center, in Chapel Hill. Investing the time now can give kids the cycling skills and confidence they'll need later, when they're riding solo.

■ **Teach kids to obey traffic laws.** Remind your child to stop at all red lights and stop signs, to ride with traffic in the farthest right lane that's going in your direction, to yield to pedestrians and oncoming traffic, and to use hand signals when making turns and stopping. With the left arm: Straight out indicates a left turn, arm with forearm bent up means a right turn, and arm out with forearm bent down indicates a stop.

■ **Be the helmet police.** Make sure all of your family members are protected with a properly fitted helmet whenever they ride to dramatically reduce their risk of traumatic brain injury. Insist that your older children always wear one. One observational study of helmet use in North Carolina showed that kids ages 11 to 15 tended to wear helmets less often than younger ones.

