

Car Seat Safety Guideline
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Motor vehicle crashes are the leading cause of death among children ages 2 to 14, due in large part to the nonuse or improper use of child seats and seat belts. The Center for Advanced Pediatrics is committed to keeping our infants, children and adolescents safe in all aspects of their life. In order to do so we want you to know what the recommendations for car seat safety are according to the National Highway Traffic and Safety Administration. This table is a synopsis of the National Highway Traffic and Safety

guidelines. It is important to contact your local fire and police department to have your child’s car seat fit properly into your car. Remember:

- All children should be in a car seat as recommended above.
- Keeping your child rear facing into the second year of life is the safest.
- Children should not ride in the front seat until 13years of age.
- No child should be left in a car alone.
- Children’s whose parents use seat belts are more likely to use a seat belt.
- No child should use another child’s car seat of reuse an old car seat.
- Any car seat involved in a motor vehicle accident should be discarded.

4 Easy Steps to Protect America’s Children			
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Infants	<u>Toddler</u>	<u>Child</u>	<u>Tween</u>
<p>Infants ages birth to one year should ALWAYS ride rear facing until 1 year and 20 pounds. If your 1 year old has not hit 20 pounds then keep him or her rear – facing. It is better to be rear facing into the second year of life.</p>	<p>It is best to ride rear facing for as long as possible. Once your child is 1 year and over 20 he or she can ride forward facing. Use a convertible – five point harness.</p>	<p>Booster seats are for older children who have out grown the five point harness. Recommendations are 40-65 pounds. Once in a booster seat children should maintain with the back support until the seat belts fits correctly. You may take the back support off if the seatbelt fits the child correctly across the chest and neck. Children should use a booster seat until 4’9”.</p>	<p>Once a child has outgrown the booster seat they should maintain in the back seat until age 13 years of age.</p>

References:
www.nhtsa.gov
www.aap.org
www.fcsafekids.org