



STEP 1

REAR FACING

A rear-facing car seat is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

Keep children **REAR-FACING** as long as possible



STEP 2

FORWARD FACING

A forward-facing car seat has a harness and tether that limits your child's forward movement during a crash.



STEP 3

BOOSTER SEATS

A booster seat positions the seat belt so that it fits properly over the stronger parts of your child's body.

- The American Academy of Pediatrics (AAP) advises parents to keep children in rear-facing car seats until age 2, or as long as they fit within the height and weight limits of the car seat.
- Rear-facing car seats should never be placed in front of an active air bag.
- Recline rear-facing seats at a 30-45° angle, according to manufacturer's instructions
- Position the harness straps at or below the shoulders and ensure a snug fit.
- Adjust chest clip to armpit level.
- The child's head should be more than 1" below the top of the car seat.
- It's okay for the child's feet to touch the vehicle seat.

- Children who have outgrown the height and/or weight limits for their rear-facing car seat should be placed in a forward-facing car seat.
- Position the harness straps at or above the shoulders and ensure a snug fit.
- Adjust the chest clip to armpit level.
- Keep children in a 5-point harness as long as possible, to the upper height and/or weight limits of the car seat.
- Most forward-facing car seats have a maximum weight limit of 40 pounds for the harness. Children too young for a booster seat would benefit from a car seat with a higher weight limit on the harness.

- Children who have outgrown the harness for their forward-facing car seat should ride in a belt-positioning booster seat.
- Booster seats should only be used with lap/shoulder belts and never with a lap-only seat belt.
- The lap belt should fit snugly across the upper thighs/hips – not the belly.
- The shoulder belt should fit snugly against the chest, resting across the shoulder – not the neck.
- Children should never place the seat belt under their arm or behind their back.

Select the right car seat based on the **age, weight** and **height** of the child.