



# CAR SEATS

## TIPS TO KEEP YOUR CHILD SAFE

### Birth to 12 Months

A rear-facing car seat is the perfect spot for your little one. Infant, convertible and 3-in-1 car seats are all options for safely securing your baby. Infant car seats (aka “bucket seats”) can be used up to the first year of life or until your baby outgrows the height and weight recommendations, whichever happens first. Convertible and 3-in-1 car seats can last longer but be sure to follow the manufacturer’s guidelines on height and weight requirements.

### 1 to 3 Years

Your little one is still safest rear-facing. Most convertible and 3-in-1 car seats can still be used during this age. Switch your child to front-facing once she reaches the maximum height or weight limit for the car seat. Some convertible car seats can accommodate a child up to 80lbs in the front facing position so make sure you pick a color or pattern you adore because you’ll be seeing it for years to come!

### 4 to 7 Years

Your school age child has likely grown to safely ride front-facing. Continue to use the five-point harness until they reach the height and weight restrictions of the seat. Combination seats (a hybrid car seat that can turn into a booster), convertible car seats, or 3-in-1 car seats should still accommodate your growing child.

### 8 to 12 Years

Though your child might seem so grown up, it is unlikely that he is ready to ditch safety seats altogether. A booster seat is best at this age. They come in many different shapes and sizes, with and without backs, and work with your car’s seatbelt to keep your child safe in the car.

### 13 Years and Up

While the safest place in the car for your teen is in the back seat, a child of this age may legally sit in the front passenger seat.

### Additional Tips

Staying rear facing for as long as possible – up to 35-50 lb in most convertible car seats – is 5 times safer for your child in a collision. Your tall two year old may look like her legs cannot comfortably fit rear facing but you would be surprised by how happily kids adjust their positions in their car seats.

To check if your child is ready to retire car seats and booster seats forever, see if he passes these steps. Can he sit with his back against the vehicle’s seat, knees bent at the edge of the seat, and feet flat on the floor? Is the lap belt positioned over his thighs (not his belly) and the shoulder belt positioned across the shoulder and chest (not his neck or face)? Also importantly, can he sit properly with no slouching, moving around, leaning forward, or playing with the seatbelt? If so, you can consider ditching the booster forever but, as always, no need to rush things. They grow up fast enough.

For more information, discuss your car seat questions with your pediatrician.