

## Booster seat

# How to keep your child safe in the car

A booster seat lifts your child up so that the seat belt fits across the strongest bones and away from the soft belly. To use a booster seat, your child must weigh at least 18 kg (40 pounds) and be able to sit correctly.

## How to use your child's booster seat

Make sure your child has support behind the head to the tops of the ears.

Make sure the shoulder belt crosses the chest and stays between your child's neck and shoulder.

Tuck the lap belt and the shoulder belt under the arm rests for most booster seats.

The lap belt should fit low and snug across your child's hips.

Place the booster seat in the back seat of the vehicle.

An adult should check every time a child buckles their own booster seat.

Read your vehicle manual and follow the instructions for your seat.



For more information:

- Visit [ahs.ca/carseats](https://ahs.ca/carseats)
- Call Health Link at 811
- Visit [healthyparentshealthychildren.ca](https://healthyparentshealthychildren.ca) and search for "car seats"

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## Helpful tips for using your booster seat

- Before moving to a booster seat, your child must be able to sit straight and tall for the whole ride without moving around or unbuckling.
- If the vehicle does not have head support to the tops of the child's ears, use a high-back booster seat.
- If the shoulder belt does not rest between the child's neck and shoulder, use a booster seat that has a shoulder belt guide.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our website.



## Is your child ready to stop using a booster seat?



- Is your child at least 145 cm (4 feet 9 inches) tall?
- When your child is sitting all the way back, do their knees bend comfortably over the edge of the seat?
- Does the lap belt stay low across the hips?
- Does the shoulder belt cross the chest and stay between the neck and shoulder?
- Can your child sit like this for the whole trip without slouching?

**Until your child can meet these 5 steps, keep using a booster seat on every ride.**



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