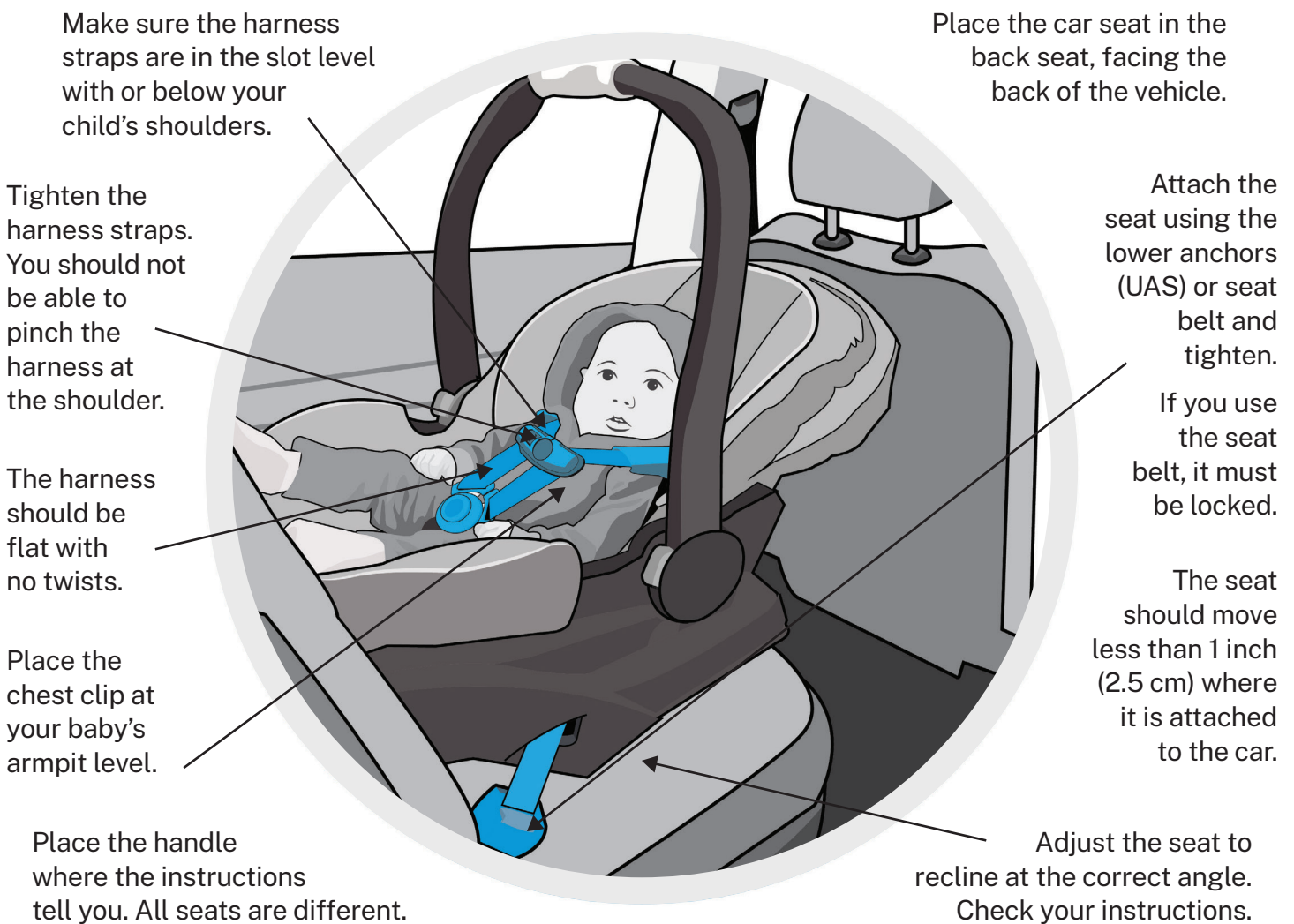


Infant seat

How to keep your child safe in the car

A rear-facing seat gives the best protection for your baby's head, neck and spine in a sudden stop or crash. You can use either a rear-facing only seat or a larger, rear-facing convertible seat as long as your baby fits correctly.

How to use your child's infant car seat



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



For more information:

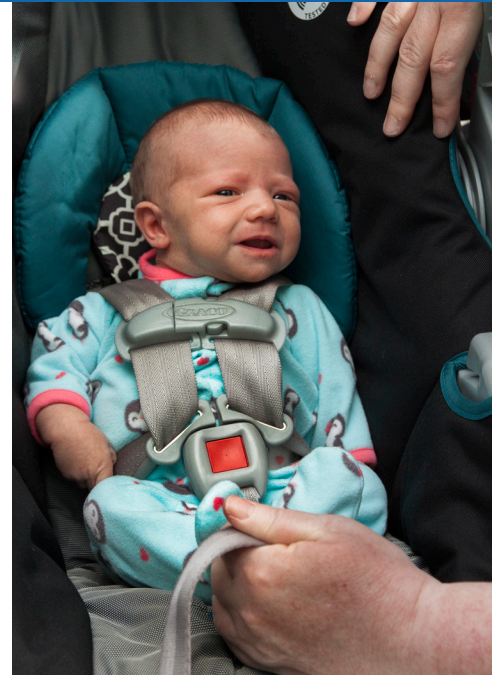
- Visit ahs.ca/carseats
- Call Health Link at 811
- Visit healthyparentshealthychildren.ca and search for "car seats"

Infant seat

How to keep your child safe in the car

Helpful tips for using your infant seat

- Install the seat at the most reclined angle allowed for your newborn. Check your instructions.
- Do not use items that did not come with your seat.
- Dress your baby in light layers and add blankets over top once they are safely buckled. Bulky coats and bunting bags are not safe for the car seat.
- Take your baby out of the car seat when you arrive. A car seat is not a safe place for your baby to sleep.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our website.



When is your baby ready for the next seat?



- Check the labels on your seat to find out when your baby will reach the seat's height or weight limits.
- Once your child has outgrown the infant seat, use a larger, rear-facing seat.
- Keep your child rear facing for as long as they still fit the larger, rear-facing seat.



For more information:

- Visit ahs.ca/carseats
- Call Health Link at 811
- Visit healthyparentshealthychildren.ca and search for "car seats"