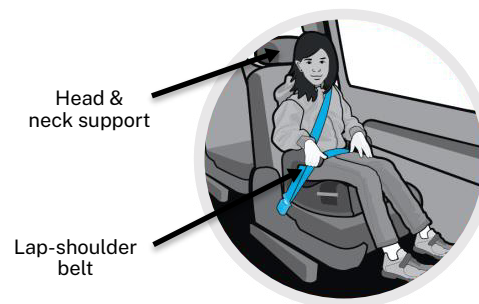
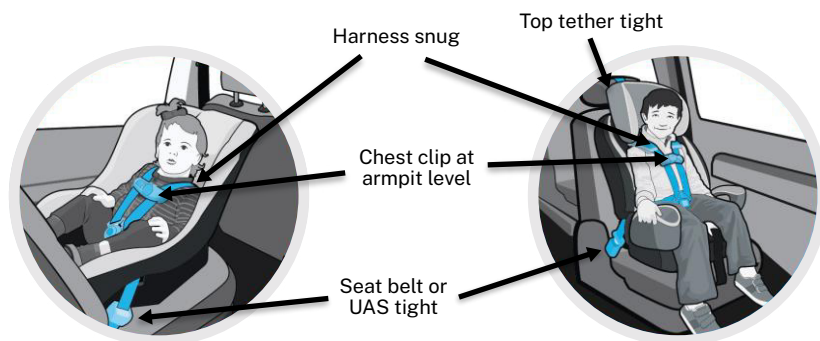


Is your child in the right seat?



Rear-facing seat

- A rear-facing seat provides the best protection for your child's head, neck and spine in a sudden stop or crash.
- When your baby outgrows the infant seat, use a larger rear-facing seat.
- Your child is safest riding rear-facing until 2, 3 or even 4 years old.
- Keep your child rear facing for as long as they still fit the larger, rear-facing seat.

Forward-facing seat

- A forward-facing seat protects a child who has outgrown their larger rear-facing seat.
- Keep your child in a 5-point harness until they weigh at least 18 kg (40 pounds) and are able to sit correctly. This may be at 4, 5 or even 6 years old.
- If your child outgrows this seat before they are ready, you will need a 5-point harness seat that will hold a taller, heavier child.

Booster seat

- A booster seat lifts the child up so that the adult seat belt fits across the strongest bones.
- Your child must weigh at least 18 kg (40 pounds) to use a booster seat.
- Your child must be able to sit straight and tall without moving around or unbuckling.
- Use a booster seat until your child is at least 145 cm (4 feet 9 inches) tall and fits the seat belt correctly.

Always follow the instructions for your seat.

Can your child safely use a seat belt?

- Is your child at least 145 cm (4 feet 9 inches) tall?
- Do your child's knees bend comfortably at the edge of the seat when they are sitting all the way back?
- Does the lap belt stay low and snug across the hip bones?
- Does the shoulder belt cross the chest and stay between your child's neck and shoulder?
- Can your child sit like this for the whole trip without slouching?



Until your child can meet all 5 steps, keep using a booster seat on every ride. Children under the age of 13 are safest in the back seat.



For more information:

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