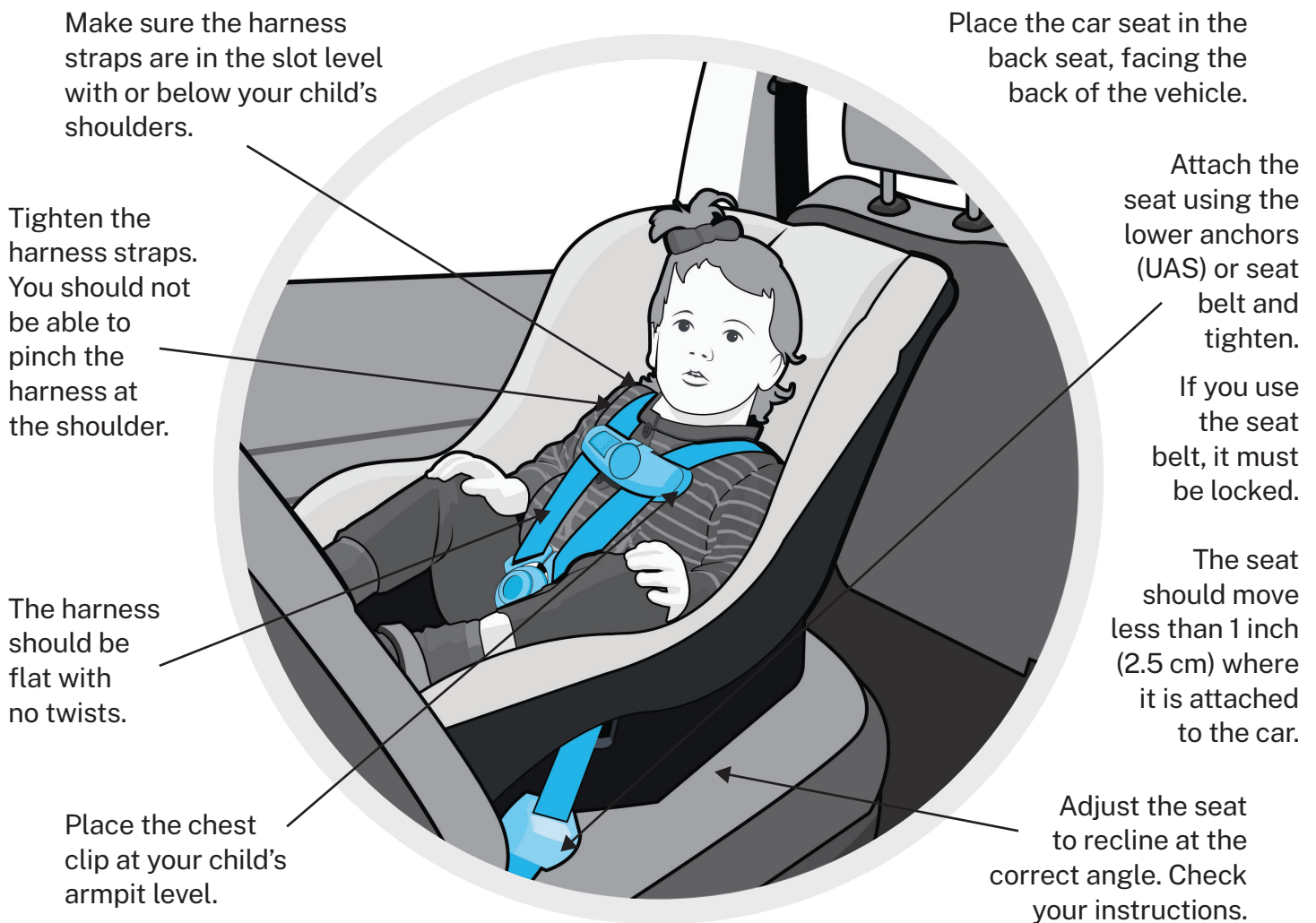


Rear-facing seat

How to keep your child safe in the car

A rear-facing seat gives 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.

How to use your child's rear-facing 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"

Rear-facing seat

How to keep your child safe in the car

Helpful tips for using your rear-facing seat

- If you are using a seat that can be used in different ways, read the instructions to find out how to set it up for rear facing.
- Read the instructions to find out how to change the angle on your car seat. Some seats may be installed more upright for an older baby or toddler.
- Make sure your child's head is at least 1 inch (2.5 cm) below the top of the seat. It is safe for your child's feet to touch the back seat of the car.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our website.



When is your child ready for the next seat?



- Check the labels on your seat to find out when your child will reach the seat's height or weight limits.
- Keep your child rear facing for as long as they still fit the larger, rear-facing seat.
- Your child is safest riding rear facing until 2, 3 or even 4 years old, as long as they still fit within the height and weight limits for the seat.



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