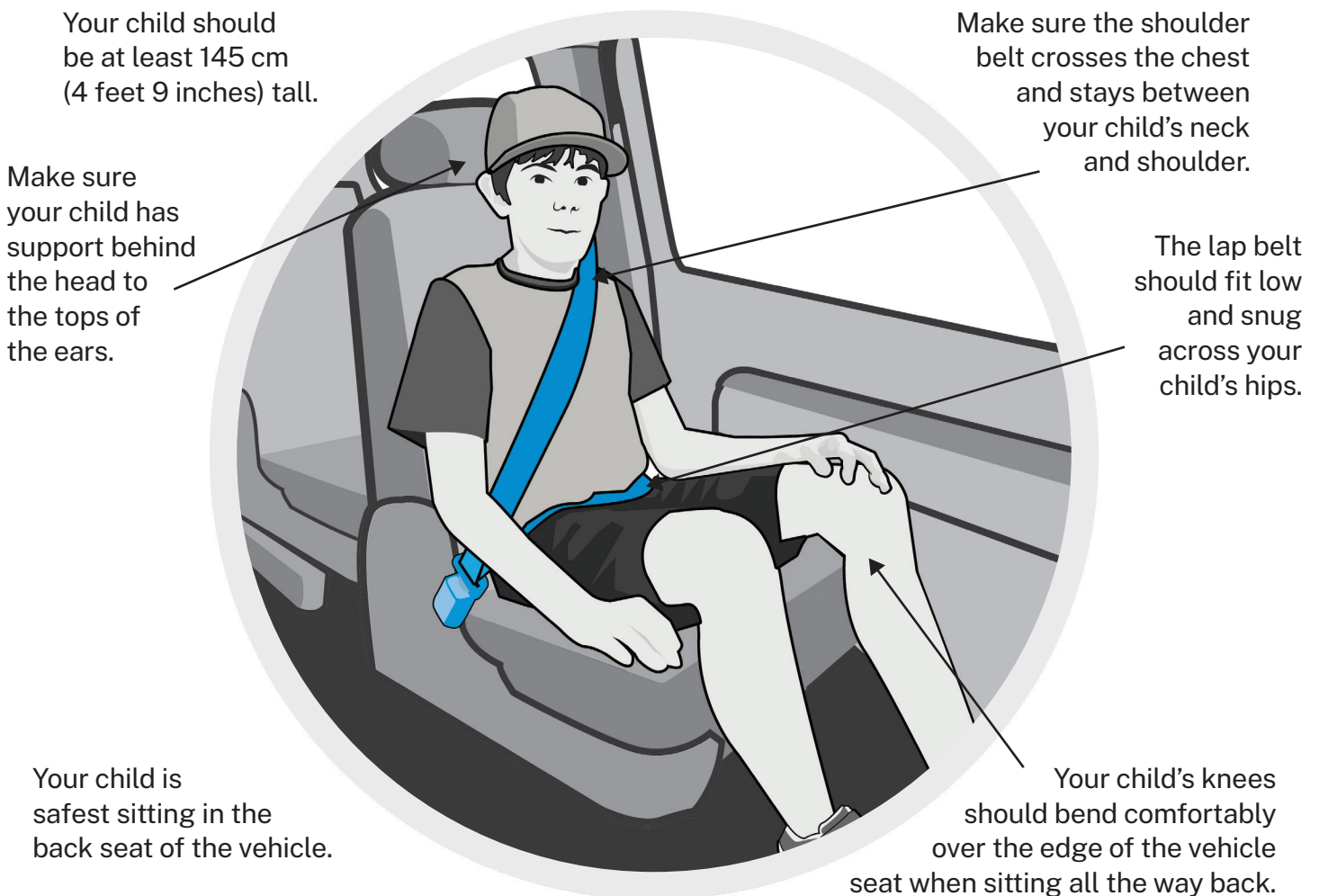


Seat belt

How to keep your child safe in the car

Once your child is taller than 145 cm (4 feet 9 inches), it may be time to move to a regular seat belt. If a child does not yet fit the seat belt as described below, use a booster seat. Your child is safest in the back seat until they are 13 years old.

How your child's seat belt should fit



If your child does not fit the seat belt like this, use a booster seat.



For more information:

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

Seat belt

How to keep your child safe in the car

When is your child ready for a seat belt alone?

- 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.



What are the risks of using a seat belt too soon?



- Children who use a seat belt before they are ready are at risk for injuries to the head, neck, spinal cord and internal organs.
- A booster seat boosts a child up so that the seat belt fits across the strongest bones and away from the soft belly.
- A child may pass all 5 steps (above) to use a seat belt in one car, but still need to use a booster seat in another vehicle.



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