

How do I know when my child will correctly fit the seat belt?

They must be tall enough to sit with their knees bent at the edge of the seat, without slouching, allowing the lap and shoulder belt to fit low over the hips and upper thighs and snug over the shoulder. You should NEVER put shoulder belts under the arm or behind the back! Remember, all children under 12 years should ride in the back seat—it's the safest place.

If I still have questions, where can I get more information?

Call the Nationwide Children's Hospital Passenger Safety Information Line at (614) 722-6524 to speak to a Passenger Safety Specialist.

SAFE-T-SAURUSSM – Keeping Kids Safe

For more than ten years, SAFE-T-SAURUS has been helping Nationwide Children's Hospital keep children and families safe.

Educational safety information is provided through brochures, activity books, videos and personal appearances. Programs are available on a wide variety of safety topics.

And now you can visit SAFE-T-SAURUS on the Web. Nationwide Children's complete library of SAFE-T-SAURUS topics is available at www.nationwidechildrens.org. Safety items for your children and home can be purchased through Safe-T's online safety store also found on the Nationwide Children's Web site.



Sign Up For Health e-Hints

Nationwide Children's Hospital's Health e-Hints is a free email-based program designed to provide you with important age-appropriate child health information conveniently delivered right to your desktop.

Sign up today for this free service at www.nationwidechildrens.org/healthhints.

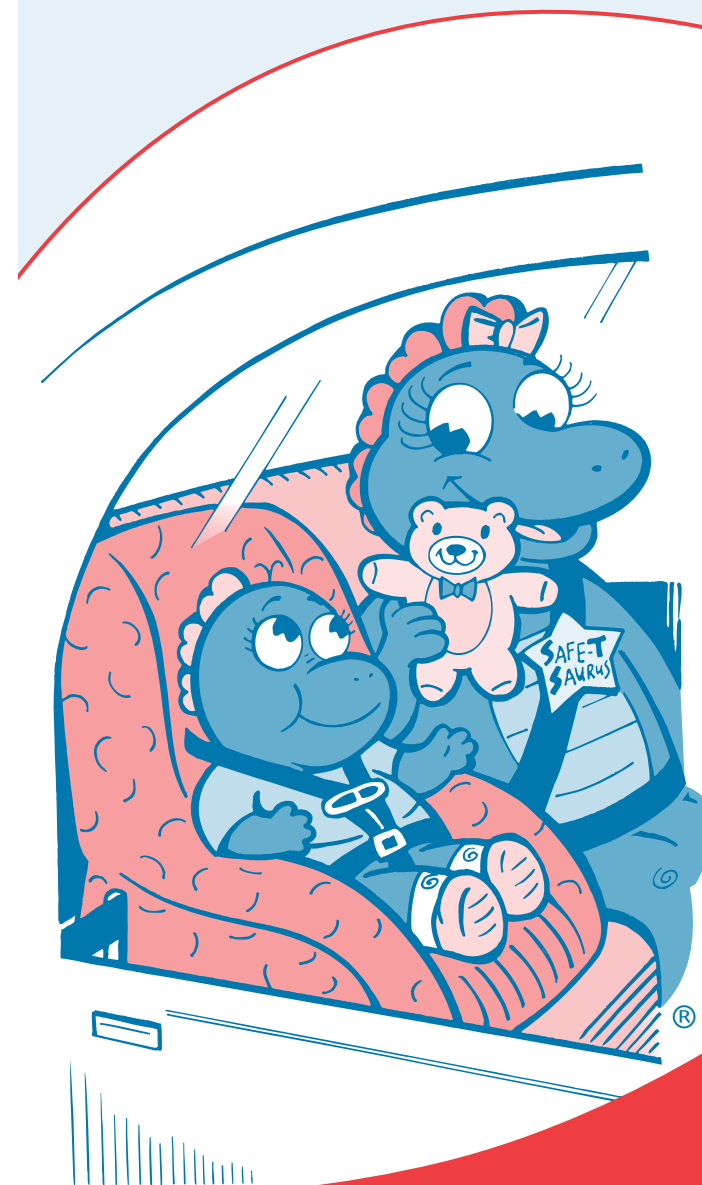


700 Children's Drive
Columbus, Ohio 43205
nationwidechildrens.org

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Car Seat Safety



Parents want the best for their children. They want them to be healthy, happy and to develop normally and safely in all ways... from the first feedings to the first steps, and well beyond.

The questions and answers in this brochure are designed to help you, as a parent, make healthy and safe choices for your children.



What's the best car seat?

The best seat for your child is one that meets federal safety standards, is priced within your budget and fits your child's age, weight and height. The seat should also fit your vehicle and be easy to use and tightly installed before every trip.

How do I know what seat fits my child?

- ♥ *Infant seats are used rear facing only for children up to about 20 pounds and under the age of one year.*
- ♥ *Convertible seats can be used both rear and forward facing for children who weigh up to 40 pounds.*
- ♥ *Booster seats should be used until children are 8 years old or 4 feet, 9 inches tall. Kids under this size are too small to fit correctly in adult safety belts.*

What are the basic guidelines for a child under one year of age?

Infants should ride rear facing until at least one year and 20 pounds and never in front of an air bag! Harness straps should be in the slots at or below shoulder level and kept snug so the child

can't lean forward. The harness clip should be placed at armpit level, and the seat reclined so the infant's head does not flop forward.



What about kids over one year and 20 pounds?

These children can ride in forward-facing car seats in the upright position. The harness straps should be in the top slots and kept snug so the child can't lean forward. Remember the harness clip should always be at armpit level.

What about my older children?

To prevent the most injuries, booster seats should be used until children are 8 years old or 4 feet, 9 inches tall. Booster seats make the lap and shoulder belts fit correctly: low over hips and upper thighs and snug over the shoulder.

