

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

Make sure the harness straps are in the slot level with or below your child's shoulders.

Tighten the harness straps. You should not be able to pinch the harness at the shoulder.

The harness should be flat with no twists.

Place the chest clip at your child's armpit level.

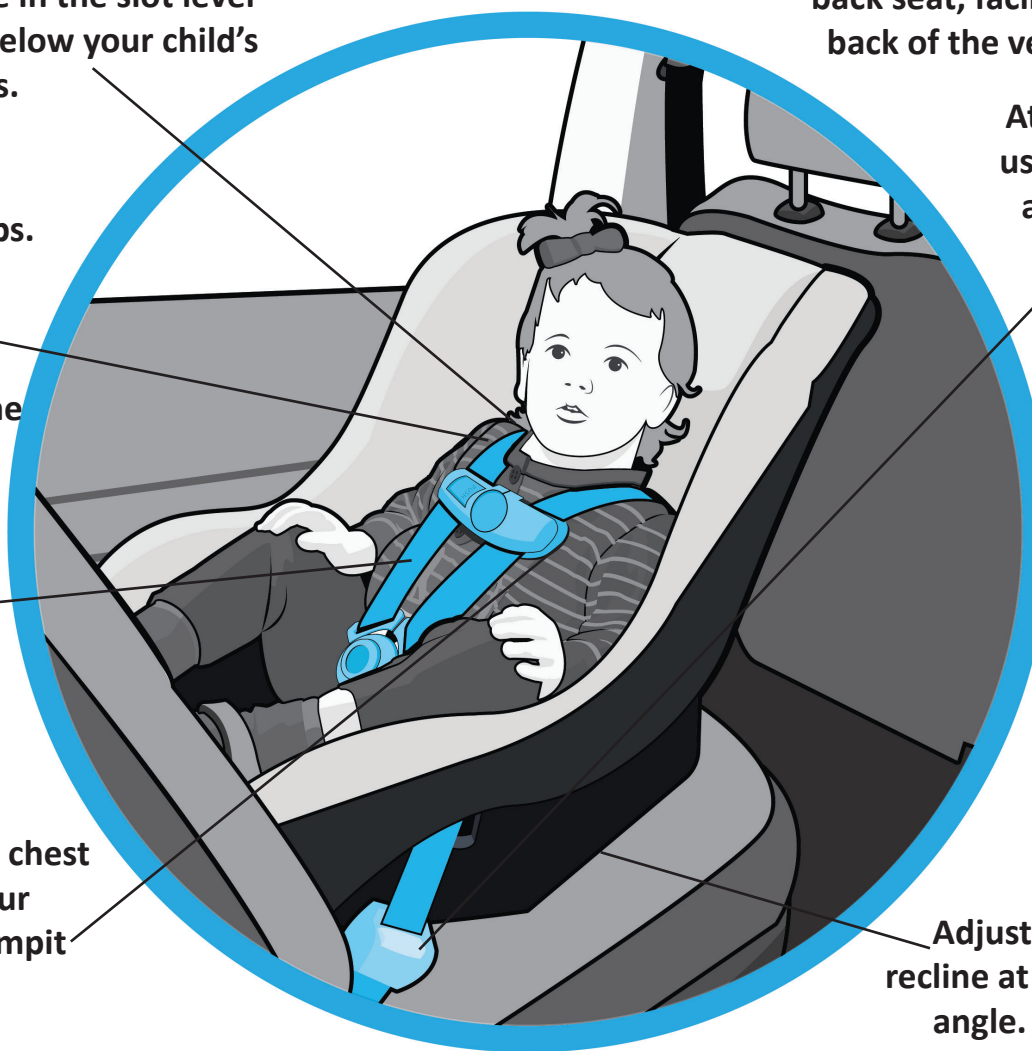
Place the car seat in the back seat, facing the back of the vehicle.

Attach the seat using the lower anchors (UAS) or seat belt and tighten.

If you use the seat belt, it must be locked.

The seat should move less than 1 inch (2.5 cm) where it is attached to the car.

Adjust the seat to recline at the correct angle. Check your instructions.



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

Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe. PL-1070 2018

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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 he or she still fits the larger, rear-facing seat.
- Your child is safest riding rear facing until 2, 3 or even 4 years old, as long as he or she still fits within the height and weight limits for the seat.

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