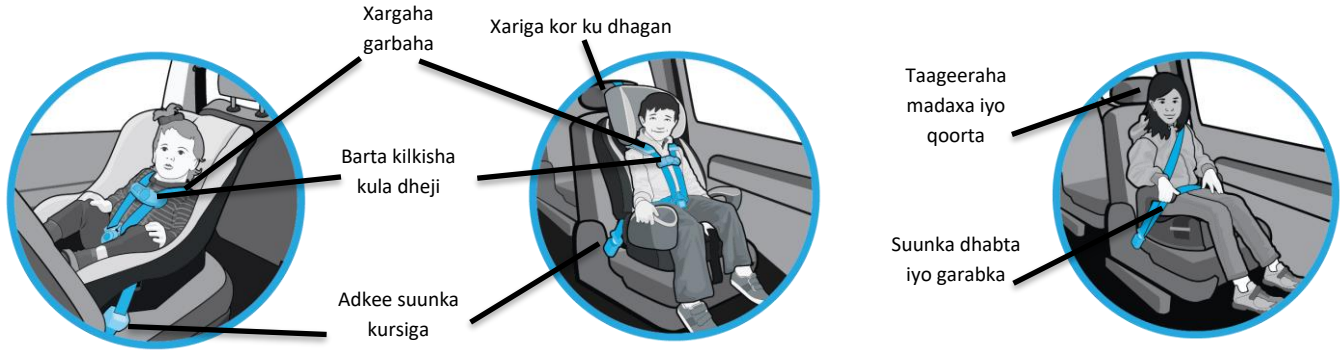


# Ma ku fadhiyaa ubadkaaga kursiga saxda ah?



## Kursiga gadaal u jeeda

- Kursiga gadaal u jeeda wuxuu siyaa difaaca ugu wanaagsan ubadkaaga madaxiisa, qoortiisa iyo laf-dhabarta marka si lama filaan ah gaariga u istaago ama shil uu dhaco.
- Goorta ubadkaaga uu ka waynaado kursiga caruurta, isticmaal kursiga weyn oo gadaal u jeeda.
- Ubadkaaga wuxuuu badbaadada ugu fiican helaa marka uu ku fadhiyo kursiga gadaal u jeeda ilaa uu ka gaarayo 2, 3 ama xitaa 4 sano.
- Ubadkaaga gadaal u sii geedi ilaa isaga ama iyada inta wali Jinkooda u yahay kursiga weyn ee gadaal u jeeda.

## Kursiga horey u jeeda

- Kursiga horay u jeeda wuxuu difaaca ubadka ka waynaada korsigiisa ama kursigeeda weyn ee gadaal u jeeda.
- Ubadkaaga ku hay suunka 5–dhibic ilaa isaga ama iyada miisaankooda ka garaayo ugu yaraan 18 kilo ama ay si sax ah u fariisan karaan. Tani waxay noqon kartaa marka ay gaaraan 4, 5 ama xitaa 6 sano.
- Haddii ubadkaaga ka waynaado kursigan, ka hor inta isaga ama iyada diyaar u ahayn, waxaad u baahan doontaa kursi oo 5-dhibic ah oo celiya ubadka dheer, ee culus.

## Kursiga xoojiyaha

- Kursiga xoojiyaha, ubadka ayuu kor u qaadaa si suunka kursiga qofka waaweyn uu la jaanqaado lafaha ugu xoogga badan.
- Miisaanka ubadkaaga waa inuu noqdaa ugu yaraan 18 kilo si uu u isticmaalo kursiga xoojiyaha.
- Ubadkaaga waa inuu awood uleeyahay inuu fariisan karo si toosan iyo dheer ah isaga oo aan dhaqdhaqaaqayn ama suunka iska furin.
- Istimaal kursiga xoojiyaha ilaa ubadkaaga dhirirkiisa ugu yaraan gaaro 145 sentimitar iyo si sax ah suunka gaariga loo gu xiro.

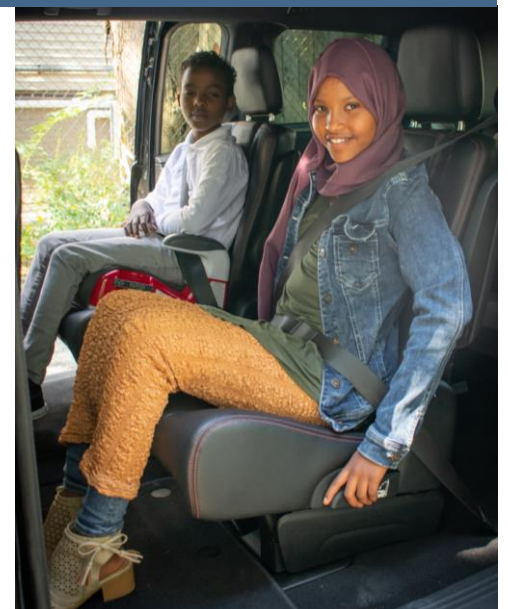
## Had iyo jeer raac tilmaamaha ku qoran kursigaaga.

### Miyuu si badbaado leh ubadkaaga u isticmaali karaa suunka kursiga?

- Ma yahay dhirirka ubadkaaga ugu yaraan 145 sentimitar?
- Ma u laabmaan jilbaha ubadkaaga si raaxo leh qarka kursiga goorta isaga ama iyada markay kursiga ilaa gadaal u fadhiyaan?
- Ma joogaa suunka dhabta meel hooseeye iyo si adag ma ugu xirmaa dusha lafaha sinta oo dhan?
- Miyuu suunka garabka ka gudbaa laabta iyo joogaa inta u dhaxayso ubadkaaga qoortiisa iyo garabkiisa ?
- Ma u fadhin karaa ubadkaaga sidaas inta safarka oo dhan lagu jiro isagoon isqalqalocin?

**Ilaa ubadkaaga fuliyaa dhamaan shanta talaabo, kursiga xoojiyaha sii isticmaal meel kasta oo aad tagaysaan.**

Ubadka da'dooda ka yar 13 waxay ugu badbaado badan yihiin kursiga dambe.

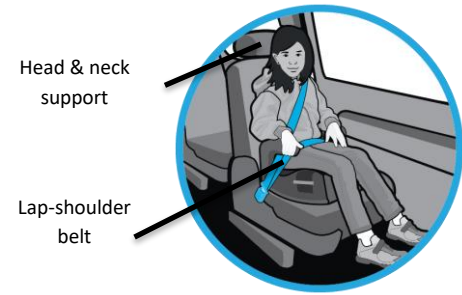
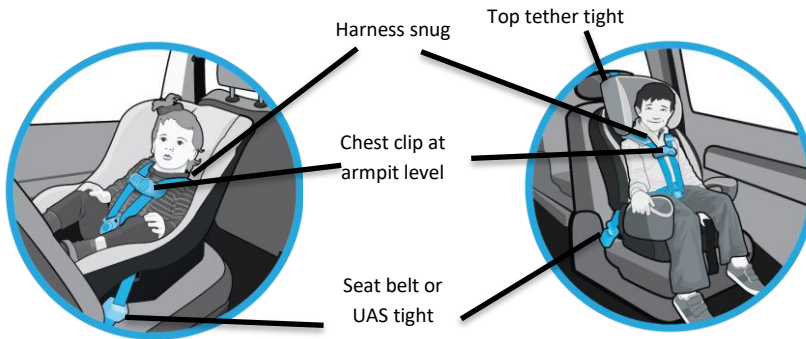


**Ma qabtaa su'aallo?  
Naga soo wac 1-866-288-1388**

**Childsafetylink.ca**

Barnaamijka Xarunta Caafimaad ee IWK

# 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 he or she still fits the larger, rear-facing seat.

## Forward-facing seat

- A forward-facing seat protects a child who has outgrown his or her larger rear-facing seat.
- Keep your child in a 5-point harness until he or she weighs at least 18 kg (40 pounds) and is able to sit correctly. This may be at 4, 5 or even 6 years old.
- If your child outgrows this seat before he or she is 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.

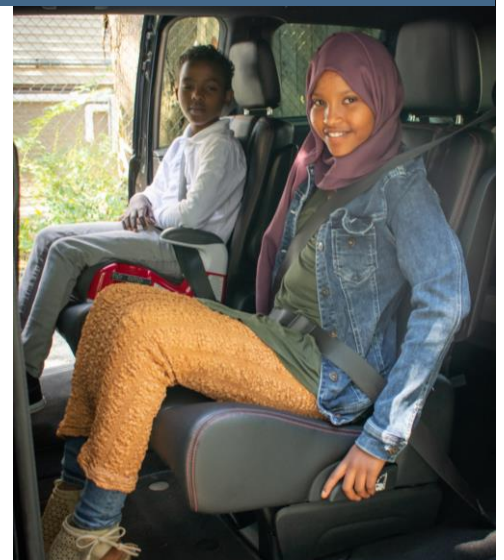
## Always follow the instructions for your seat.

### 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 he or she is 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.



**Have questions?**  
**Call us at 1-866-288-1388**

[Chidsafetylink.ca](http://Chidsafetylink.ca)

A program of the IWK Health Centre