

How to keep your child safe in the car

A rear-facing seat gives the best protection for your baby's head, neck and spine in a sudden stop or crash. You can use either a rear-facing only seat or a larger, rear-facing convertible seat as long as your baby fits correctly.

How to use your child's infant car seat

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

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

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

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

The harness should be flat with no twists.

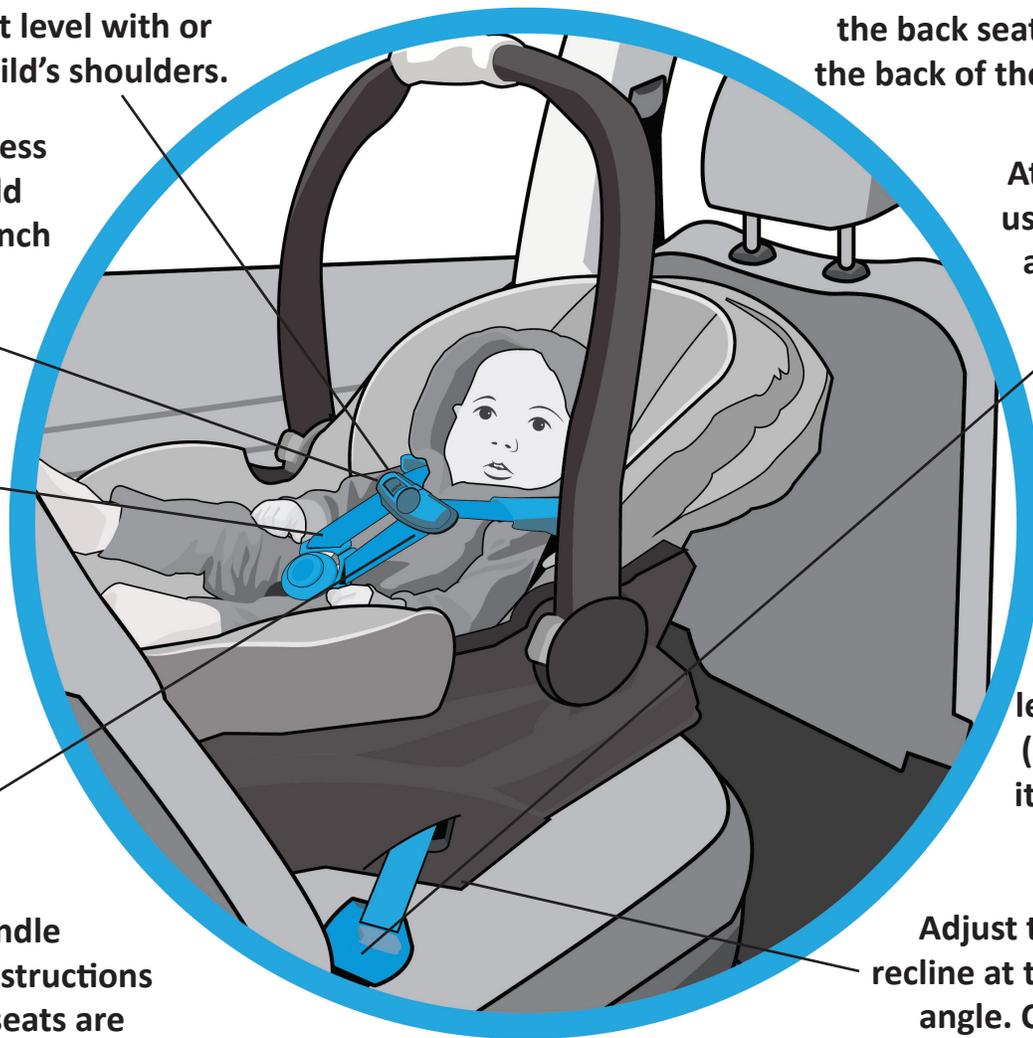
If you use the seat belt, it must be locked.

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

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

Place the handle where the instructions tell you. All seats are different.

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



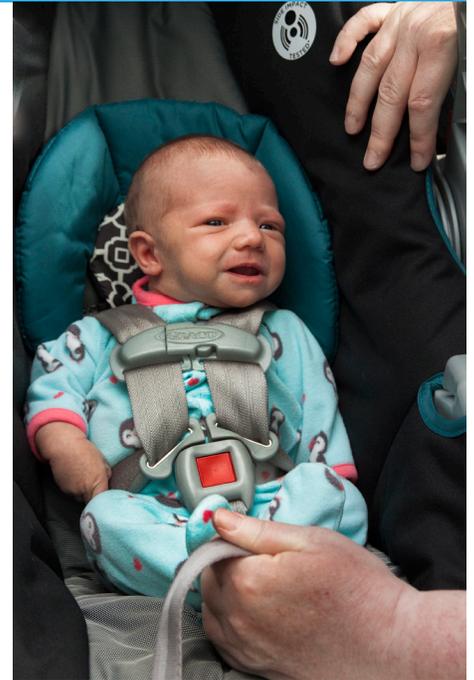
Read your vehicle manual and follow the instructions for your seat.

Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe. PL-1069 2018

How to keep your child safe in the car

Helpful tips for using your infant seat

- Install the seat at the most reclined angle allowed for your newborn. Check your instructions.
- Do not use items that did not come with your seat.
- Dress your baby in light layers and add blankets over top once he or she is safely buckled. Bulky coats and bunting bags are not safe for the car seat.
- Take your baby out of the car seat when you arrive. A car seat is not a safe place for your baby to sleep.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our website.



When is your baby ready for the next seat?



- Check the labels on your seat to find out when your baby will reach the seat's height or weight limits.
- Once your child has outgrown the infant seat, use a larger, rear-facing seat.
- Keep your child rear facing for as long as he or she still fits the larger, rear-facing seat.

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