

CAR SEAT SAFETY DISCUSSIONS AT WELL-BABY VISITS

childsafetylink.ca/well-baby/

In Canada, collisions are a leading cause of death in children.

A properly used seat can reduce the risk of death by **71%**
Car seats save lives.

Prenatal

- Always use a car seat on every ride - even when travelling in a taxi.
- Make sure your car seat is safe to use. [Find a checklist at this link.](#)
- Always install your car seat into the back seat of the car, truck or van.
- A car seat is not a safe place for your baby to sleep. It's okay for your baby to fall asleep when travelling in the car. Always take your baby out of the car seat when you arrive at your destination.

Newborn

- Use a [rear-facing car seat](#). Fully buckle all parts of the harness. The harness should be snug. Place the chest clip at armpit level.
- The harness straps should be coming out of slots that are level with or below your baby's shoulders.
- Install the seat in the car at the most reclined angle allowed for your newborn so that their head does not tilt forward and close their airway.
- A car seat is not a safe place for your baby to sleep. Take your baby out of the car seat when you arrive.

Baby

- 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 they still fit the larger, rear-facing seat.
- Make sure your child's head is at least 2.5 cm (1 inch) below the top of the seat. It is safe for your child's legs to bend or touch the back seat.

Toddler

- Your child is safest riding [rear facing](#) until 2, 3, or even 4 years old.
- Once your child has reached the height or weight limits for their larger rear-facing seat, your child should ride in a [forward-facing seat](#) with a 5-point harness.
- Once your child is using a forward-facing seat, the harness straps should come out of slots that are at or above your child's shoulders.
- Always attach the top tether when installing a forward-facing seat.

Preschool

- Keep your child in a [5-point harness](#) until they weigh at least 18 kg (40 pounds) and are able to sit correctly in a booster seat without moving around or unbuckling. This may not be until age 4, 5, or 6.
- If your child outgrows this seat before they are ready, you will need a seat with a 5-point harness that will hold a taller, heavier child.
- When using a [booster seat](#), position the lap belt low on your child's hips with the shoulder belt across their chest and between your child's neck and shoulder.

BIRTH

2 / 4 MONTHS

6 / 9 MONTHS

12 / 18 MONTHS

3 - 5 YEARS