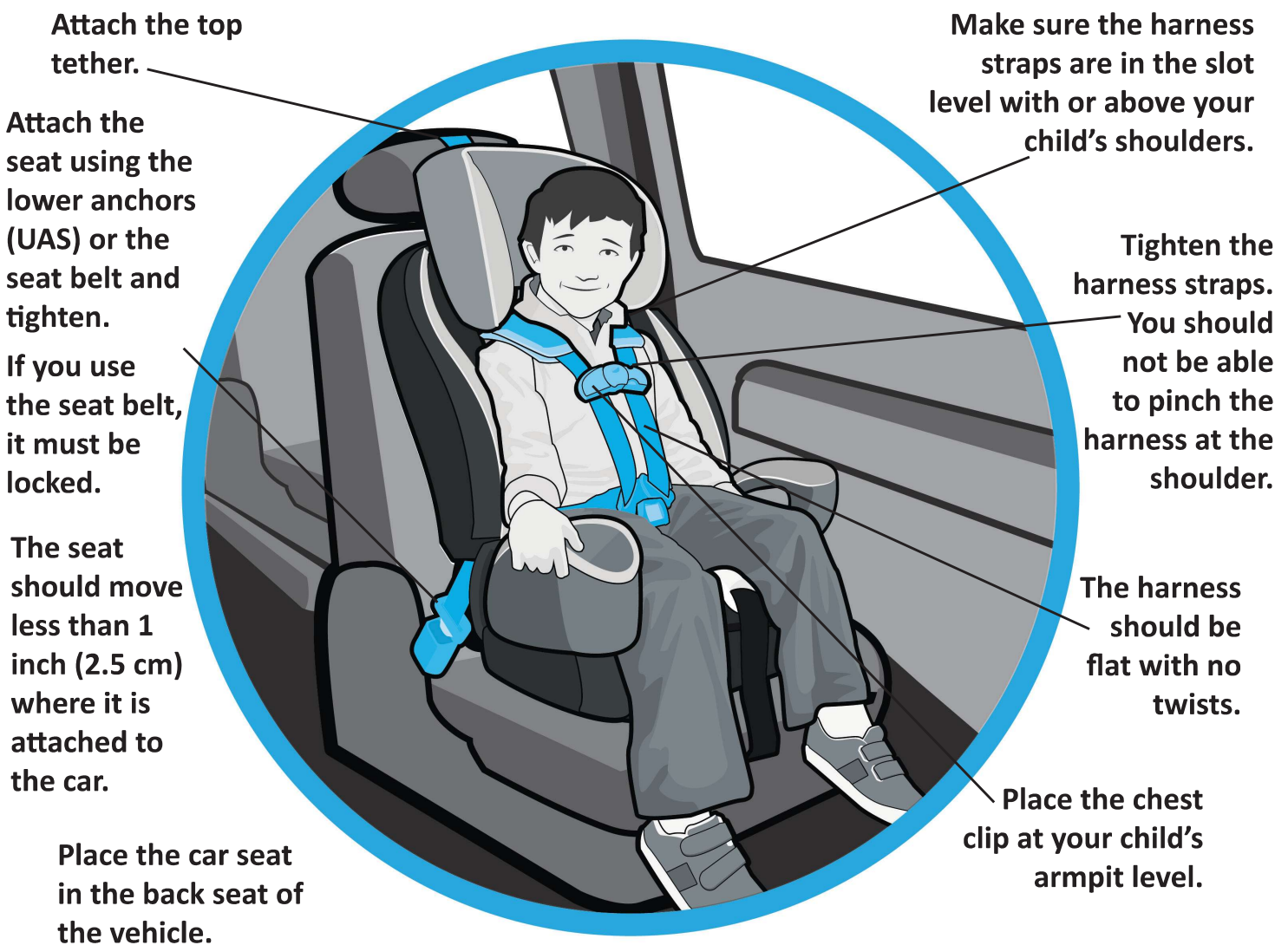


# How to keep your child safe in the car

A forward-facing seat uses a 5-point harness to spread the force of a sudden stop or crash over the strongest parts of your child's body. This seat protects a child who has outgrown his or her larger, rear-facing seat.

## How to use your child's forward-facing seat



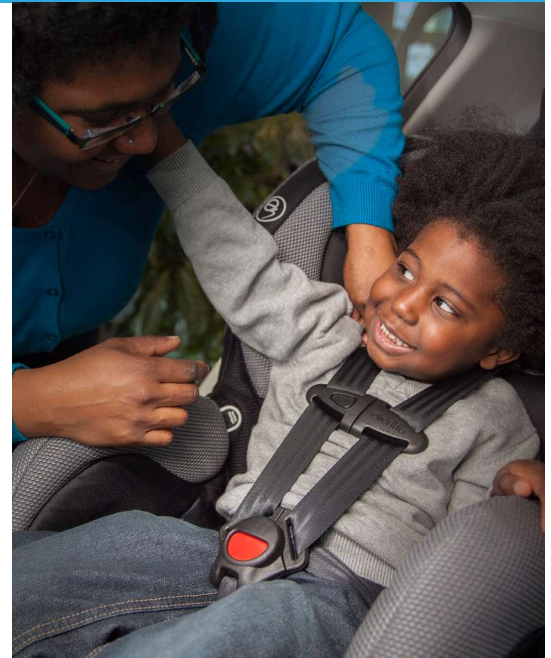
**Read your vehicle manual and follow the instructions for your seat.**

Child Safety Link: a program of the IWK Health Centre. Here for you with helpful information to keep your children safe. PL-1071 2018

# How to keep your child safe in the car

## Helpful tips for using your forward-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 forward facing.
- Always use the top tether. Check your vehicle manual to find out where the tether anchors are.
- It is safest to wait until your child is at least 2 years old before using a forward-facing seat. Some seats cannot be used before 2 years old. Check your instructions.
- 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 in a 5-point harness until he or she weighs at least 18 kg (40 pounds).
- Before moving to a booster seat, your child must be able to sit straight and tall without moving around or unbuckling.
- If your child outgrows the 5-point harness before he or she is ready for a booster seat, you will need a forward-facing seat that will hold a taller, heavier child.
- Some 5-point harness seats will safely hold a child who is 5, 6 or even 7 years old.

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