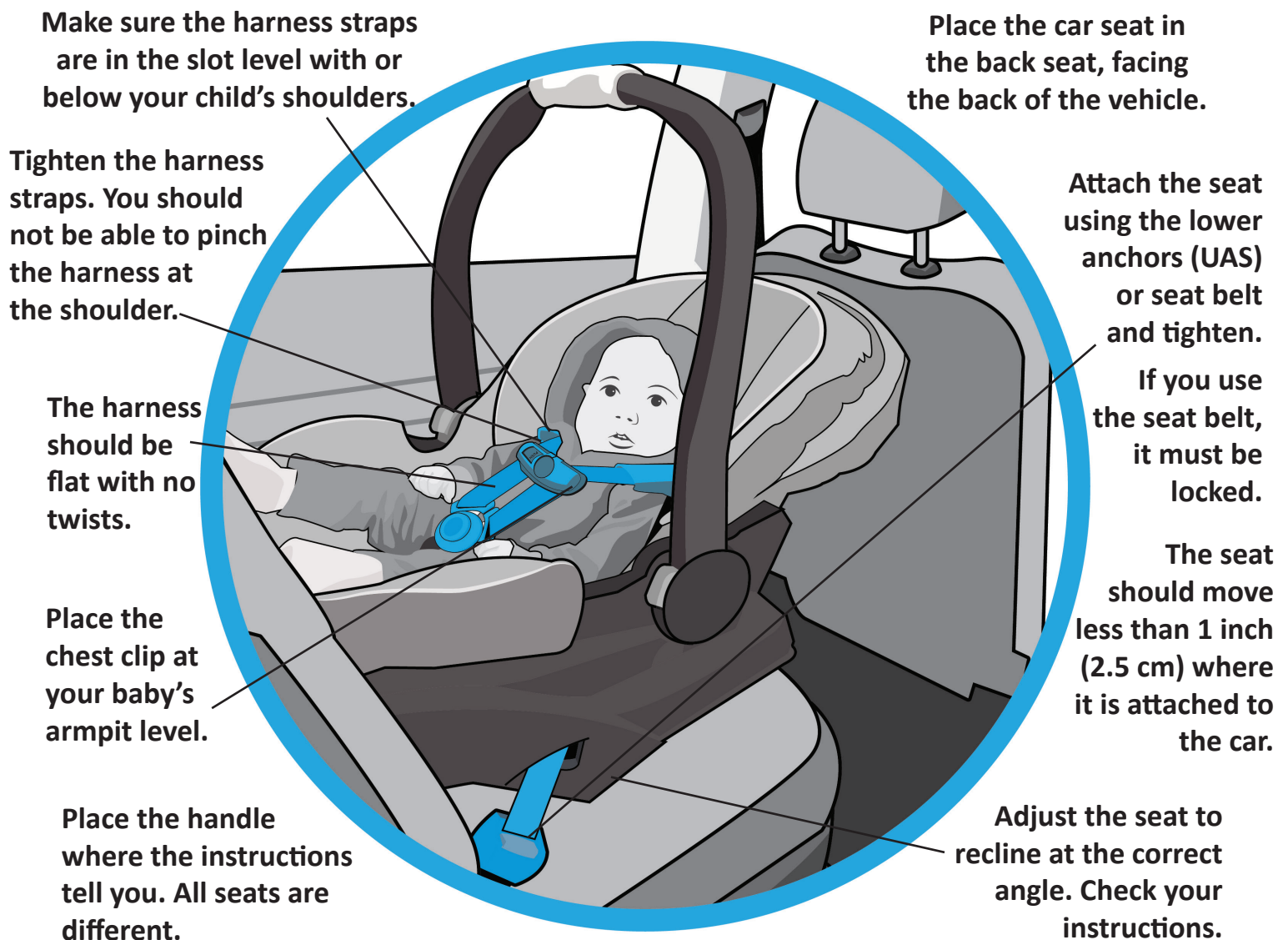


# How to keep your child safe in the car

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



**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. CSL-2016

# 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.

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