

# FACTS ON... Booster Seats

A guide  
for those who  
work with  
families



## Did you know?

- Motor vehicle crashes are the leading cause of death and serious injury for children in Canada.
- Using a booster seat is an easy and effective way to protect a child who has outgrown his or her five-point harness and does not yet fit an adult seat belt.
- Using a booster seat correctly provides 60% more protection than using a seat belt alone.

## What is “Seat Belt Syndrome?”

Children who are using the seat belt too soon are at risk of suffering severe internal injuries during a crash. The damage caused by “seat belt syndrome” includes injuries to the head, neck, spinal cord and internal organs. A booster seat boosts a child up so that the seat belt fits across the strongest bones and away from the soft belly.

## Booster Seat Laws in the Maritimes

### Nova Scotia

Minimum of 18 kg (40 pounds) before a child can move to a booster seat. The child stays in the booster seat until he or she meets ONE of the following:

- nine years old OR 145 cm (4 feet 9 inches)

### New Brunswick

Minimum of 18 kg (40 pounds) before a child can move to a booster seat. The child stays in the booster seat until he or she meets ONE of the following:

- nine years old OR 145 cm (4 feet 9 inches) OR 36 kg (80 pounds)

### Prince Edward Island

Minimum of 18 kg (40 pounds) before a child can move to a booster seat. The child stays in the booster seat until he or she meets ONE of the following:

- ten years old OR 145 cm (4 feet 9 inches)



For more information on children’s injury prevention topics, visit [www.childsafetylink.ca](http://www.childsafetylink.ca) or call 1-866-288-1388 (toll-free in the Maritimes)



# FACTS ON... Booster Seats

A guide  
for those who  
work with  
families

## Guidelines for Safe Booster Seat Use

### BEFORE MOVING TO A BOOSTER SEAT:

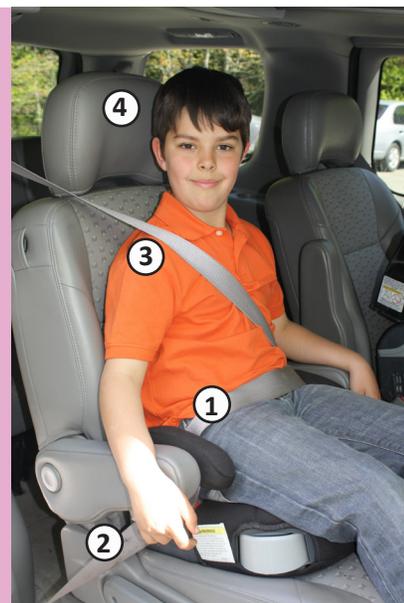
- A child must weigh at least 18 kg (40 pounds) and should be at least four years old.
- Maturity matters. To use a booster seat safely, a child must be able to sit straight and tall and have the maturity to never meddle with the seat belt or unbuckle it.

Children who are not ready should use a five-point harness that fits their growing height and weight. Some car seats can be used with a five-point harness until a child weighs 30 kg (65 pounds).

### USING THE BOOSTER SEAT CORRECTLY:

1. Lap belt low across the hips and tight
2. Belt under armrests when directed
3. Shoulder belt between the neck and shoulder
4. Head is supported

- A booster seat can only be used with a lap AND shoulder belt.
- Children are safest in the back seat, away from the front seat airbags.
- A child must have head support level with the tops of his or her ears. This support can be the vehicle's built-in headrests or a high-back booster seat.
- Use a booster seat on every ride, including when travelling with grandparents, friends and in taxis.



### BEFORE MOVING OUT OF A BOOSTER SEAT:

- Is the child at least 145 cm (4 feet 9 inches) tall?
- Do the child's knees bend comfortably at the edge of the seat while the child is sitting up straight with his or her back against the vehicle seat?
- Does the lap belt sit low and snug across the hip bones?
- Does the shoulder belt cross the collarbone and stay between the child's neck and shoulder?
- Can the child sit like this for the entire trip without slouching?

If the child does not fit the seat belt in this way, he or she still needs to use a booster seat.



For more information on children's injury prevention topics, visit [www.childsafetylink.ca](http://www.childsafetylink.ca) or call 1-866-288-1388 (toll-free in the Maritimes)

