How to use your child's infant car seat

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.

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- Make sure the harness straps are in the slot level with or below your child’s shoulders.
- Tighten the harness straps. You should not be able to pinch the harness at the shoulder.
- The harness should be flat with no twists.
- Place the chest clip at your baby’s armpit level.
- Place the handle where the instructions tell you. All seats are different.
- Place the car seat in the back seat, facing the back of the vehicle.
- Attach the seat using the lower anchors (UAS) or seat belt and tighten.
- If you use the seat belt, it must be locked.
- The seat should move less than 1 inch (2.5 cm) where it is attached to the car.
- Adjust the seat to recline at the correct angle. Check your instructions.
- The harness should be flat with no twists.

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

Have questions? Call us at 1-866-288-1388

childsafetylink.ca
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.