Is your child in the right seat?

**Rear-facing seat**
- A rear-facing seat provides the best protection for your child's head, neck and spine in a sudden stop or crash.
- When your baby outgrows the infant seat, use a larger, rear-facing seat.
- Your child is safest riding rear facing until 2, 3 or even 4 years old.
- Keep your child rear facing for as long as he or she still fits the larger, rear-facing seat.

**Forward-facing seat**
- A forward-facing seat protects a child who has outgrown his or her larger, rear-facing seat.
- Keep your child in a 5-point harness until he or she weighs at least 18 kg (40 pounds) and is able to sit correctly. This may be at 4, 5 or even 6 years old.
- If your child outgrows this seat before he or she is ready, you will need a 5-point harness seat that will hold a taller, heavier child.

**Booster seat**
- A booster seat lifts the child up so that the adult seat belt fits across the strongest bones.
- Your child must weigh at least 18 kg (40 pounds) to use a booster seat.
- Your child must be able to sit straight and tall without moving around or unbuckling.
- Use a booster seat until your child is at least 145 cm (4 feet 9 inches) tall and fits the seat belt correctly.

Always follow the instructions for your seat.
Can your child safely use a seat belt?

☐ Is your child at least 145 cm (4 feet 9 inches) tall?

☐ Do your child’s knees bend comfortably at the edge of the seat when he or she is sitting all the way back?

☐ Does the lap belt stay low and snug across the hip bones?

☐ Does the shoulder belt cross the chest and stay between your child’s neck and shoulder?

☐ Can your child sit like this for the whole trip without slouching?

Until your child can meet all 5 steps, keep using a booster seat on every ride.

Children under the age of 13 are safest in the back seat.

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

childsafetylink.ca

A program of the IWK Health Centre