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**

1. Attach the top tether.
2. Attach the seat using the lower anchors (UAS) or the seat belt and tighten. If you use the seat belt, it must be locked.
3. The seat should move less than 1 inch (2.5 cm) where it is attached to the car.
4. Place the car seat in the back seat of the vehicle.
5. Make sure the harness straps are in the slot level with or above your child’s shoulders.
6. Place the chest clip at your child’s armpit level.
7. Tighten the harness straps. You should not be able to pinch the harness at the shoulder.
8. The harness should be flat with no twists.

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