

exercise some restraint

The facts are on the side of buckling up our kids every time they get in the car.

- Automobile crashes are the number one killer of children under age 14.
- More than *one-quarter* of children killed in crashes are four years old or younger.
- Toddlers who ride in cars without being buckled up are *two times more likely to die or be injured* in a crash than those who are buckled up.

It is also the law:

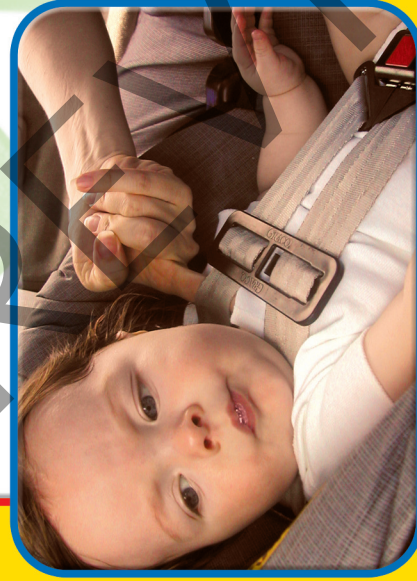
- In the U.S. and Canada, all children *must* be properly restrained *every time* they ride in a car.

harnesses, clips, buckles, bells, and whistles

Compared to adult seat belts, child safety seats are complex. They need to be complex. Not only are kids smaller, but their bones are softer. Their skulls are more fragile, and their ribcages are thinner. Because their bodies are different, children must be restrained differently.

Child safety seats spread out the forces of a crash to the strongest parts of the body. The safety seat's straps keep a child's body snugly in the seat. (Only one adult finger should fit between the harness and the child's collarbone. The strap clip should be at armpit level.)

The car's seat belt keeps the child seat tightly in place in the car. (The seat should not move any more than one inch from side to side.) The seat keeps your child from hitting any other object or person, inside or outside the car.



showing your love

You demonstrate your love for your child by protecting his or her health. One of the easiest ways to do this is to buckle baby into a safety seat every time he or she rides in a car.

The safest child seat:

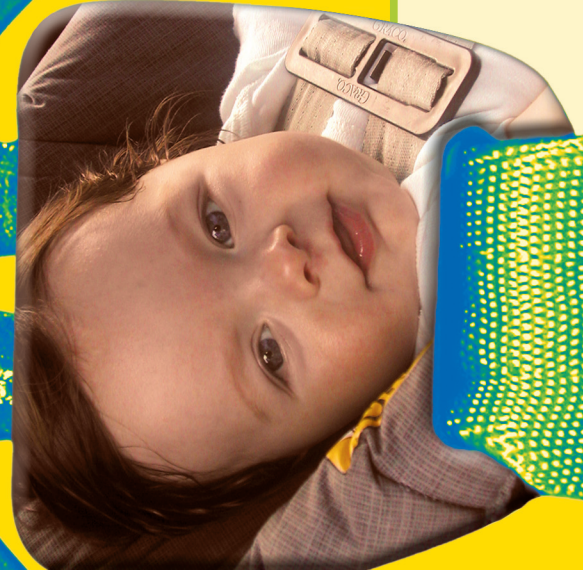
- Meets federal safety standards.
- Installs firmly into your car.
- Is used every time the child rides in a car.

For more information, visit:

The National Safe Kids Campaign
www.safekids.org

American Academy of Pediatrics
www.aap.org/family

Buckle Up Baby



child safety seats

a life or death habit

If you knew that a particular kind of food would cause cancer, you would do anything to keep your children from eating it. But *car crashes kill six times as many children as cancer does!* You can't protect your children from everything, but protecting them from injuries or death in car crashes is simple.

If all infants rode in child safety seats, 7 out of 10 who died last year would still be alive. Over half of those aged one to four would still be alive.

Buckling your child into a properly installed safety seat every time he or she rides in a car is the best thing you can do to keep your child safe.

Every ride: Short or long, fast or slow!



which child? which seat?

All kids need to be buckled up in the car's back seat. Here's how:

Your child is...	Age 0 to 1	Age 1 to 4	Age 4+ to about Age 8	About Age 8 and Older
5-20 pounds	Safest seat: Rear-facing infant or convertible seat*	Safest seat: Rear-facing infant or convertible seat*		
20-40 pounds	Safest seat: Rear-facing infant or convertible seat*	Safest seat: Forward-facing child seat		
40-80 pounds			Safest seat: Belt-positioning booster seat	Safest seat: Belt-positioning booster seat
Over 80 pounds				Safest seat: Wearing a properly fitting seat belt

*Rear-facing until at least two years old and at least 20 pounds. Rear-facing is the safest!

where NOT to put your child

Every child is safest in the back seat. The force of a passenger-side air bag is strong enough to kill a child. *A rear-facing child seat must never be placed in front of an air bag.* An air bag would explode into the child safety seat in a crash. The baby would be slammed into the vehicle's seat or ceiling. This would cause serious injury or death.

If you must carry more children than will fit in the back seat, the oldest and largest child may be safe riding buckled in the front seat.

Only carry passengers in your car if you have enough seat belts to protect them. Children have been killed by sharing seat belts with others.

do the right thing

To protect your child, use the safety seat *correctly, every time.* Cars and child safety seats vary a lot. To make sure your safety seat is installed correctly, read the owner's manuals for the car and for the safety seat. Follow the instructions carefully. The safest seating position is usually in the center of the back seat.

Take these three steps to make sure the safety seat is installed as tightly as possible:

1. Push down on the safety seat to compress the vehicle's seat cushion.
2. Tighten any slack in the vehicle's lap belt.
3. Make sure the lap belt is "locked" and cannot loosen.

Follow your owner's manual instructions, then check the seat for a tight installation:

rear-facing infant seat or convertible seat:

Grasp the seat or base where the seat belt goes through it. Pull it toward the front of the vehicle. The seat (or base) should not move forward at all. The seat or base *may* move not more than one inch. It is normal if the seat's front can be lifted somewhat. The seat must *not* slide toward the *front* of the car at all. The seat should be tilted at about a 45 degree angle so the small baby can breathe normally.

forward-facing seat:

Pull on the child seat where the lap belt slides through. The seat should not move more than one inch toward the front or the side of the car. If it moves more than an inch, try another seating position. If the seat will not fit firmly in any position, buy a different seat or have a tether anchor installed in your car.

belt-positioning booster seat:

First, make sure the booster seat fits the shape of the car's seat. Buckle the child in the booster. The lap belt should fit low and tight over the hips. The shoulder belt should be snug across the chest about halfway between the neck and the shoulder.

IMPORTANT: If your child's seat is in a crash, replace it. Any crash can cause damage to the plastic, harness, or hardware. Even if you cannot see damage, the seat may be a lot less safe. Your insurance policy should cover replacing the child safety seat.

