

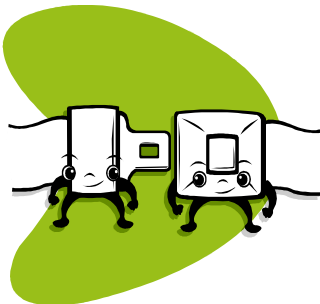


Car Seat Recommendations for Children

Most parents realize the benefits of child restraints and make every effort to keep their children safe. However, motor vehicle crashes are still the number one cause of death for children and adolescents ages 3-14 years of age. The good news is, according to the National Highway Traffic Safety Administration, NHTSA an estimated 8,959 lives were saved by child restraints from 1975-2008.

Car Seat Basics

- When selecting a safety seat, select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Register your car seat with the manufacturer so that you may receive any safety updates or recalls.



Did You Know?

It is estimated that about 80% of car seats are misused, either because a child is in the wrong seat, the seat is installed wrong, or the child is not placed in the seat correctly. Most local fire departments have certified technicians available to inspect car seats and provide advice free of charge. All you need to do is call and make an appointment to have your car seat checked.



Choosing the Correct Seat

Birth – 12 months

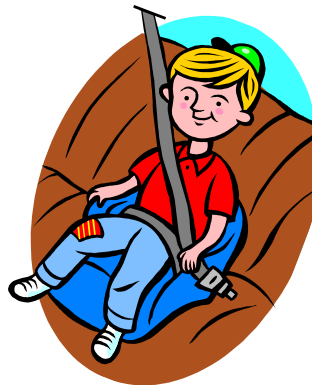
Your trip home from the hospital begins in a car safety seat. Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 – 7 years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



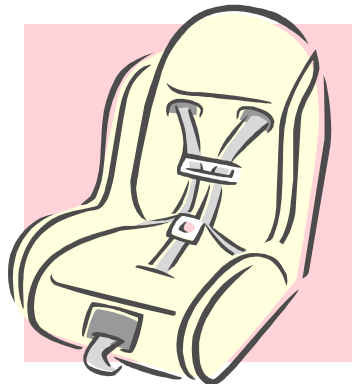
8 – 12 years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember, your child should always ride in the back seat because it is safer there.

OHIO LAW

The American Academy of Pediatrics and the NHTSA have made their safety recommendations. However, there may be some differences between recommendations and the individual state laws. In Ohio they are as follows:

- Every child under 4 or under 40 pounds must be in an approved child safety seat
- Ages 4-7 and greater than 40 pounds and taller than 4'9" need to be in a booster seat
- Ages 8-14 years – must be in an adult safety belt (AAP and NHTSA recommend children ride in the back seat until at least 12 years of age, and ALWAYS wear a seatbelt)



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