

## Children Can Break!

You can protect your child by using a car seat on every ride, starting with the first ride home. Children should ride in the back seat.

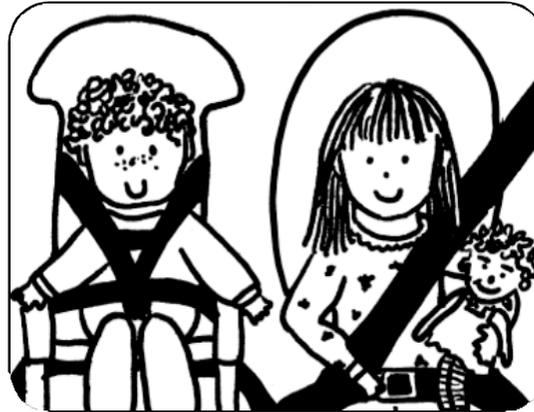
**WARNING: An air bag could kill a child in the front seat.**



*"I like my seat!"*

## In a car crash or in a sudden stop, your child could be . . .

- Thrown out of your arms.
- Crushed by someone who is not wearing a safety belt.
- Thrown out of the car.
- Tossed around inside the car.



*"We have our own place!"*

## You can help!

Keep your baby facing the back of the car from birth until at least age 2. Keep your child in a safety seat with a harness up to the height or weight limit. The next step is a booster. Most children need one until age 10 to 12. Children of all ages should ride in the back seat, the safest part of the car.



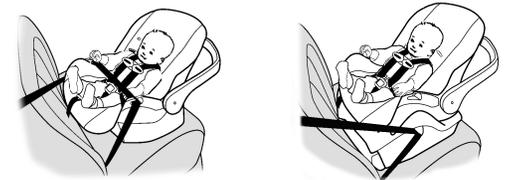
*"Everyone buckles up!"*

## Four Types of Car Seats

The "best" car seat is the one that fits your child and fits in your car. Try before you buy! Then follow the instructions exactly.

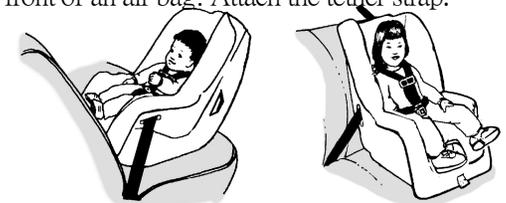
### Rear-facing-only safety seats

Most have detachable base. Child must face back of car. Never put a rear-facing child in front of an air bag!



### 'Convertible' safety seats

Rear facing or forward facing. Child faces back of car until at least age 2. Never use rear-facing seats in front of an air bag! Attach the tether strap.



### Forward-facing safety seats

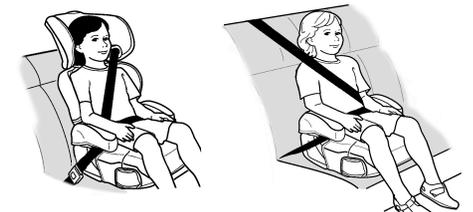
Not for babies or toddlers.

Most have a removable harness so they can be used as a booster. Attach the tether strap. Use harness as long as possible.



### Booster safety seats

For children who have outgrown safety seats with a harness. See The 5-Step Test (other side).



## Questions and Answers

### Are used car seats safe?

- Never buy a car seat at a garage sale or thrift shop. Make sure the seat your child uses:
- is not too old (see expiration date on seat)
- has a sticker with model and date
- has not been recalled
- has all parts and instructions
- was never used in a crash

### What if I cannot afford a car seat?

If you shop carefully, you can buy a convertible seat that fits from birth to 50 lbs. or more for under \$100. Boosters cost even less and can be used up to about age 10 to 12. If you do not have the money right now, find out if there is a low-cost car seat program in your area.

### How can I keep my child buckled up?

Start a life-saving habit on the very first ride, and never let your child ride any other way. If he or she gets out of the seat, stop the car right away and put the child back in it. Stop to stretch often, sing songs together, and have some special soft toys to enjoy in the car.

## Recommendations for Best Protection

- ✓ Read and follow instructions exactly.
- ✓ Children face rearward until at least age 2.
- ✓ Use seat with harness as long as possible.
- ✓ Harness is very snug (if you can pinch a fold in the strap fabric, it is too loose).
- ✓ Straps are on shoulders, not arms.
- ✓ Safety seat cannot be pushed toward sides or front of car more than 1 inch.
- ✓ All children ride in the back seat.

## The 5-Step Test

1. Does the child sit all the way back?
2. Do the child's knees bend at the edge of the seat?
3. Does the belt cross the child's shoulder?
4. Is the lap belt touching the tops of the child's legs?
5. Can the child sit like this for the whole trip?

**If you answered "no" to any of these questions, your child needs a booster seat.**

### CALIFORNIA LAWS

#### Requirements for parents and drivers

- All children under 2 ride rear facing unless 40" or 40 lbs. or more.
- All children under age 16 must be buckled up properly in a safety seat, booster, or safety belt (lap belt crosses hips or thighs, shoulder belt crosses front of chest).
- Children under age 8 must ride in a safety seat or booster in the back seat.
- Children 6 years or less may not be left alone in a car or with only a child under 12.
- No smoking if a child under 18 is in the car.

**The ticket is \$500+ & a point on the license!**  
If a safety seat is in use during a crash, the auto insurance company must pay to replace it.

For more help buckling up your children right, call:

**SafetyBeltSafe U.S.A.**  
P.O. Box 553, Altadena, CA 91003  
310/318-5111 ♦ 800/745-SAFE  
www.carseat.org

All rights reserved.

This document may not be reproduced.  
© 2016 SafetyBeltSafe U.S.A. #28 (9/16)

# Keep Your Children Safe



## Buckle Them Up!