HOW TO USE THE SAFETY SEAT

- Read instruction manuals for both safety seat and vehicle.
- Dress baby in clothing which allows crotch strap to be buckled between legs.
- If seat comes with infant insert, use it to improve fit and comfort.
- Pull up on shoulder straps to tighten lap straps, then use harness adjuster to tighten shoulder straps. You should not be able to pinch any part of the harness between your finger and thumb.
- Make sure straps stay on shoulders (not arms) and chest clip is level with armpits.
- Place seat facing the rear in the back seat.
- Adjust angle per instructions. Child's head must not flop forward.
- Check for firm installation by pushing bottom of seat toward front and sides of car. Safety seat should move less than one inch.
- Never use a rear-facing safety seat in the front seat of the vehicle if it has a passenger air bag!
- Call 866-SEAT-CHECK or go to www.seatcheck.org to have your installation checked.

WHERE TO GET A SAFETY SEAT

Buy a new seat at a baby store, department store, or online. Make sure it can be returned and keep the box and receipt in case it doesn't fit your car or child or is hard to use.

Check with local hospitals, health departments, and community groups for free or low-cost safety seats. If you are offered a used seat from someone you trust, make sure it was never used in a crash, is not past its expiration date, and has not been damaged or recalled. Check the instruction booklet to make sure it has all of its parts. Request a form from SafetyBeltSafe U.S.A. to make sure you ask all of the right questions about the seat.

FOR MORE INFORMATION

Call the Safe Ride Helpline (310-222-6860 or 800-745-SAFE) or go to www.carseat.org to learn more about protecting babies before and after birth. We can send you a brochure in Spanish or other information, such as how to protect premature babies or children with medical problems.

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PROTECT YOUR BABY...

YOUR BODY – YOUR BABY'S FIRST CAR SEAT

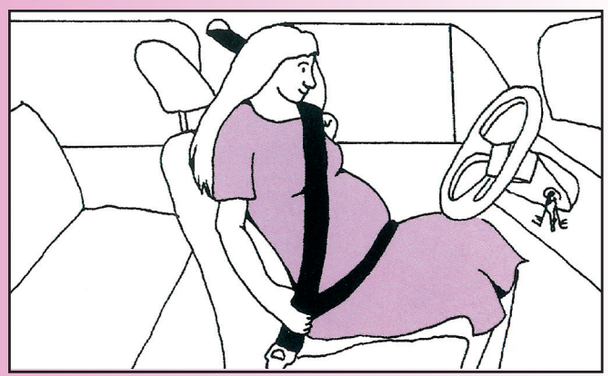
Five times as many babies are lost in traffic collisions before birth as in the first year of life. Approximately half of those deaths could be prevented if all pregnant women wore safety belts properly. The American College of Obstetricians and Gynecologists advises pregnant women that "safety belts are effective and should be used."

HOW SAFETY BELTS WORK

When your car stops suddenly, your body keeps moving forward until it hits something – the dashboard, the windshield, or even the street – unless your safety belt helps you slow down gradually. According to one study, the combination of a properly placed safety belt and air bag gives the best protection. See your doctor so the baby can be monitored after any crash, even a "fender bender."

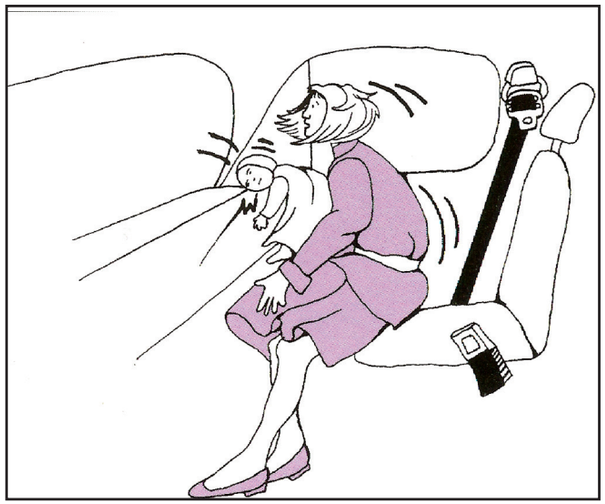
HOW TO WEAR YOUR SAFETY BELT

- Place the lap belt low, under the baby.
- Place the shoulder harness over the shoulder and across the center of the chest, never under the arm.
- Wear your safety belt on every ride.
- If you are driving, slide your seat back as far as possible.



SAFETY SEATS AND BELTS SAVE LIVES

Traffic collisions are the number one killer of children and young adults, but most of the deaths could be prevented if they used safety seats and safety belts.



The worst place in the car for your baby is in your arms. When you are traveling only 30 mph and the car stops suddenly, your unrestrained body keeps moving forward and could crush your baby with more than one ton of force.

Never put two people in one safety belt. In a collision, your body could press a child on your lap against the belt with tremendous force.

IT'S THE LAW

Every state has a law requiring drivers to protect young children with safety seats and safety belts.

PREPARING FOR BABY'S FIRST RIDE

Buy a safety seat well before your due date so you will be ready to use it on the first ride. Practice with a doll before the baby is born. Many safety seats can be adjusted to fit even the tiniest newborn. Your baby will be both safe and comfortable when you use the seat on every ride.

THE BEST SEAT FOR YOUR BABY

1 Choose a safe seat

Buy a new seat with a federal safety sticker. Used seats may be on recall, be missing parts, or have invisible damage from a crash. Mail in the registration card so you will know if there is a recall.

2 Choose between two types:

Rear-Facing Only

Fits birth to 22-40 lbs.
Remove from base to use outside car.
Larger seat will be needed later.

Convertible

Fits birth to 35 lbs. or more rear facing.
Use up to 40-80 lbs. forward facing.

3 Try before you buy

Make sure the safety seat fits in your car(s), that you can attach it to your car(s) correctly, and that the harness system is convenient for you to use.

AS YOUR BABY GROWS

Keep your baby facing the rear until she is ***at least*** two years old, preferably longer. It's 5 times safer than riding forward facing. It's time to get a larger seat if the baby's head is less than one inch from the top edge of the plastic shell OR if the baby weighs more than the limit shown on the label.