

CAR SEAT SAFETY

Here are the latest guidelines pertaining to the new recommendations as to when your child is ready to move to the next level of car seat, booster or seatbelts. As pediatricians we value preventative medicine. We strive to ensure your child's safety in every measure. Proper car restraints are one of the things we can all do together to save your child's life. "Car accidents remain the leading cause of death for children over the age of 4. New research has found children are safer in rear-facing car seats. A 2007 study in the journal Injury Prevention showed that children under age 2 are 75 percent less likely to die or be severely injured in a crash if they are riding rear-facing." please see <http://pediatrics.aappublications.org/content/127/4/788.full> for more detailed explanation.

Toddlers should remain rear facing until the age 2, or until they reach the maximum height and weight for their seat. This is in contrast to an older recommendation that

recommended changing to forward facing at 20 pounds or 1 year old. Age 2 is a recommendation and if your child is 2 but still fits comfortably, you may want to consider having them ride rear facing as long as possible. Most new car seats can easily accommodate a child rear facing until the age of 2. Rear facing protects the child's' head, neck and spine much better than if they were forward facing. Even if their legs seem crunched rear facing is still safer for them.

Children should remain in a 5-point harness car seat as long as weight and height permit. At the very least, children should not move into a booster until they reach 40 pounds

Children should remain in a booster seat until they have reached 4 feet 9 inches and are between the ages of 8-12. Please note that most parents think that when their child is 8 years old it is safe to transition out of a car seat. The shoulder belt should fit across the middle of the shoulders and chest. Not near the neck and face.

Children should not ride in the front seat until they are at least 13 years old

Everyone riding in a car **MUST** be properly

restrained. All adults and children tall enough to be out of a booster must wear both the shoulder and lap belts.