



Car Seat Safety Checklist

Select the Right Seat

Choose a seat that fits your child's height & weight. When your child outgrows either the height OR weight limit, it's time to select a new seat

Pick the Best Spot

Choose any position in the back seat where your vehicle allows a car seat to be installed (check your vehicle manual if you're not sure)

Face it the Right Way

Follow manufacturer guidance on height/weight limits and position children rear-facing until they have maximized the height OR weight limit of the seat

Install it Properly*

Follow manufacturer or vehicle guidance and choose the easiest method for you to install. The installed seat should not move more than 1" in any direction*

Harness Your Child

Monitor your child's fit in the seat, and regularly adjust the height of straps and headrest as they grow to ensure the safest fit

Which One?

- Infant seats are rear-facing only and can be taken in/out of the car (and attached to a stroller)
- Convertible car seats can face forward or backward and remain in the car
- Combination/Booster seats only face forward and use either a five point harness or a vehicle's regular seatbelt

Where?

- Technically speaking, the back center seat is the safest place since it's the furthest from an external collision
- However, with multiple children or certain cars this may not be feasible for installing a car seat, and that's ok
- Children under 13 should ride in the back seat of the car

Which Way?

- Infant seats must be rear-facing
- Boosters must be forward facing
- Convertible car seats can face either direction (height/weight limits apply)
- The American Academy of Pediatrics (AAP) recommends that children ride rear-facing for as long as possible

How?

- Car seats can be installed using a car's seat belt system OR using the Lower Anchors & Tethers for Children (LATCH), but usually not both
- When done correctly, both installation methods are equally safe (Note: Installation with lower anchors has a weight limit, so check your manual)*

Buckle Up

- Rear-facing: harness shoulder straps should be at/below the shoulders
- Forward-facing: shoulder straps should be at/above the shoulders
- The chest clip should be at armpit level
- The harness should be tight enough that you cannot pinch any material at the top of the shoulders