

# Are You Car Seat Savvy?

The AAP recently updated its car seat safety guidelines.

**The biggest change?** They're no longer based on age.

## What's New?



Keep children rear-facing until they reach the maximum height or weight that the car seat manufacturer allows, often 40 pounds.

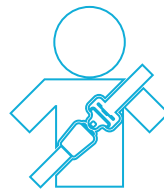
Once you can safely turn the child seat around, keep your child in a forward-facing car seat until the he or she reaches the maximum weight or height limit for the seat.



Use a belt positioning booster seat once your child has outgrown the forward-facing seat, but is too small to fit correctly in a vehicle safety belt.

## Additional Safety Check

Place the chest clip at the midpoint of your child's chest, even with the armpits. Do not place it on the abdomen or in the neck area.



The safest place for children under twelve is in the back seat.

Remove bulky clothing, such as winter coats, before putting your child in the car seat. Always make sure harness straps fit snugly against your child's body.

**Why rear-facing for so long?** In a crash, the car seat's hard shell supports the child's head, neck, and spine, and the car seat absorbs most of the impact. Discuss which car seat is right for your child with their pediatrician.



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