

New Car Seat Guidelines

Motor vehicle crashes are still the leading cause of death for kids ages 4 and older. The American Academy of Pediatrics (AAP) has issued a *new* policy statement. It states that:

- All kids **under 13** years of age should sit in the **back seat** and use an age-appropriate restraint.
- **Infants and toddlers** should ride in a rear-facing car seat until they have reached the carseat's weight and height limits. This includes the infant-only rear-facing car seat or the rear-facing convertible car seat.
- **At two years of age**, toddlers should sit in a forward-facing car seat with harness straps. You should also use a forward-facing seat if your child

has outgrown his rear-facing car seat. Toddlers should ride in this seat as long as possible. Many convertible car seats and combination car seats have forward-facing weight limits of 65 to 80 pounds when used with harness straps.

- Kids can move to a belt-positioning booster seat when they reach the weight and height harness strap limits of their forward-facing car seat.
- The move to regular seat belts should not occur until kids are “old enough and large enough” for the seat belts to protect them properly. This is usually when they are 4 feet 9 inches tall and are between 8 – 12 years old.



Images from <http://www.ockeepkidssafe.org/materials.htm>

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



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Revised 2017