

Winter-Time Car Seat Safety

Parents bundle babies up in cold weather. Bulky coats and quilted sacks keep the baby warm. However, they can be a safety risk when a child uses a car safety seat.

Keep the material between your baby and the car seat harness to a *minimum*. Bulky coats and buntings keep the harness from snugly securing your baby into the seat. During a crash, the extra material compresses. It creates a gap between the baby and the harness. This extra space can cause injury and even eject your child from the fastened harness strap.

Read your car seat owner's manual. Install and use your car seat correctly. Child car safety seats meet government safety standards. Crash tests, done on car seats, do not include car seat add-on products.

For more information and videos, visit <http://www.thinglink.com/>

Follow these winter travel tips.

- Strap your infant in the car seat without her heavy coat or bunting. Dress her in warm clothing. Use long sleeved shirts, pants, socks and a hat to keep her warm.
- Securely fasten your baby in the car seat harness. Then tuck the blanket around him, over the harness. If needed, add a heavier blanket. When you feel the warmth of the heater, you can safely remove the blanket. This keeps your baby warm and still safe in a snug harness.
- Never use products that go under your baby or interfere with the harness.
- Only use head supports or harness strap covers included *with your car seat*. Unsafe products like "Bundle-Me" may cause your baby to come out of the harness during a crash.
- A car seat cover can suffocate or overheat your baby. If you use one over the top of the car seat in bad weather, remove it once inside the car or building.



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



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org



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