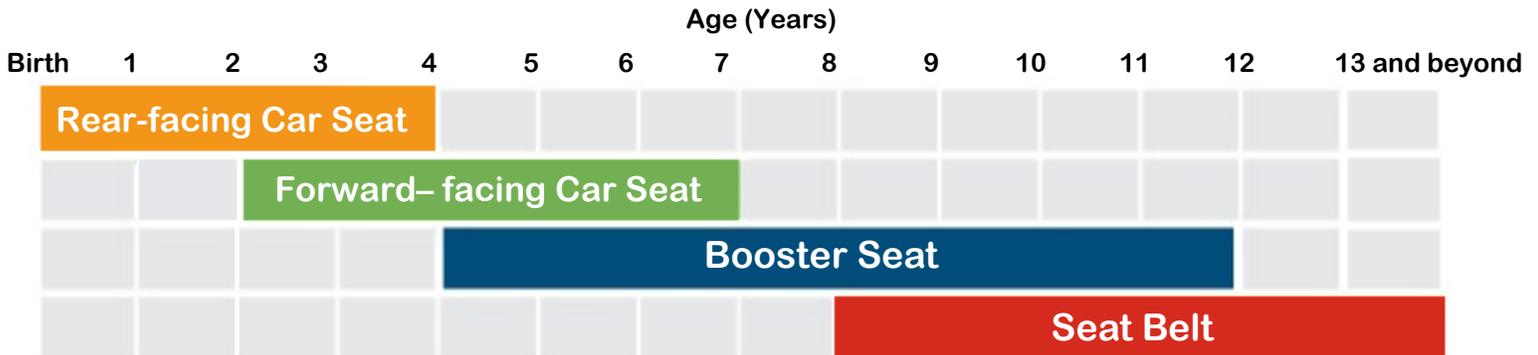


The Safest Ride At Every Age

The leading cause of death in children under the age of 18 in Idaho is unintentional injuries, many due to car crashes. Pediatricians and injury prevention specialist work hard to find the best ways to keep kids safe while riding in a car. This guide can be used to determine the safest way for your kids to ride at every age.



Rear-facing Car Seat



- Rear-facing car seats are the safest car seat a child can ride in because the head, neck, and spine are better protected in the case of a collision.
- Children should stay in a rear-facing seat as long as they fit within the height and weight limits. It is recommended that they stay in a rear-facing seat until at least the age of 2.
- If children start to grow out of the rear-facing seat before age 2, look for a different rear-facing seat with greater height and weight requirements. Contact your local car seat technicians for recommendations.

Harness straps at or below shoulders and fits snug.

The chest clip should be at armpit level.

Crotch buckle in front of child with no loose gaps.



Forward-facing Car Seat



- If your child is over 2 years of age and has outgrown the height and weight requirements of their rear-facing car seat, they should move to a forward-facing car seat with a 5 point harness.
- Children should not move to a booster seat until they have outgrown the height and weight requirements and can be mature enough to sit correctly in a booster seat.

Harness straps at or above shoulders and fits snug.

The chest clip should be at armpit level.

Crotch buckle in front of child with no loose gaps.



Booster Seat

- Booster seats are used when a child has outgrown a harness car seat, but is not quite big enough to use a seat belt.
- Booster seats are used to “boost” children up to allow the lap and shoulder belt to fit properly over their body.
- Children can move into a booster seat when they outgrow their forward-facing seat and stay seated without unbuckling.

Shoulder belt should lie flat on collarbone between the neck and shoulder.

The lap belt should be flat along the top of the thighs and not over the stomach.

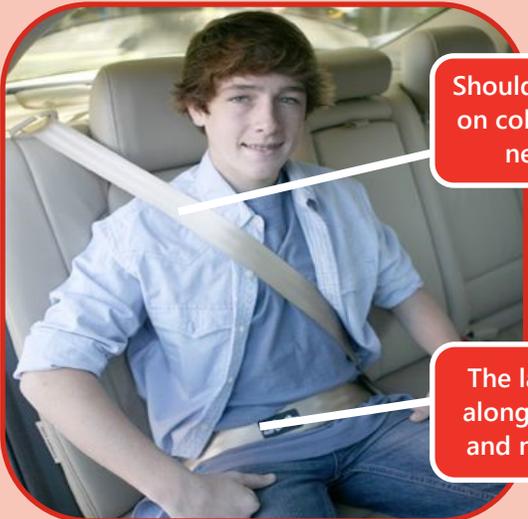


Can Your Child Pass This 5-Step Seat Belt Checklist?

<input type="radio"/>	<input type="checkbox"/> Can your child sit with their back flat against back of the seat?
	<input type="checkbox"/> Do their knees bend at the edge of the seat with their feet touching the floor?
	<input type="checkbox"/> Does the lap belt lay flat over their thighs and <u>not</u> the stomach?
	<input type="checkbox"/> Does the shoulder belt lay between their collarbone and shoulder?
	<input type="checkbox"/> Can they sit properly the whole ride without moving around or unbuckling?

If your child can pass this 5-step checklist, they should be ready to sit in a vehicle using a seat belt.

Seat Belt



Shoulder belt should lie flat on collarbone between the neck and shoulder.

The lap belt should be flat along the top of the thighs and not over the stomach.

- Kids should not move up to a seat belt until they are 4 feet 9 inches, typically occurring between 8-12 years of age. They should be able to pass the 5-step check first.
- Children should ride in the back seat until at least 13 years of age.
- No one should ride in the back of a pickup truck.
- Idaho law states you must wear your seat belt while riding in a motor vehicle.¹

For more information and resources go to <http://www.idahoap.org/>

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Idaho Chapter



¹ Federal Motor Vehicle Standard No. 213 Child Restraint Systems , Idaho Stat. § 49-672 (2014).