

# Child Passenger Safety Recommendations

Information from your health care provider and Safe Kids Grand Forks

Keep your toddler  
in a rear-facing  
car seat until  
age 2



Research indicates that toddlers are more than five times safer riding in a rear-facing car seat until at least their second birthday. In a crash, they have better protection of their fragile head, neck and spine if rear-facing. Following are some safety tips for car seat use:

- All infants should ride rear-facing in either an infant carrier style or convertible car seat.
- If an infant carrier style car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height (when the infant's head is within 1 inch of the top of the seat) or weight (usually 22-35 pounds) have been reached as suggested by the car seat manufacturer.
- Toddlers should remain rear-facing in a convertible car seat until they have reached the maximum height or weight recommended by the car seat (usually 30-40 pounds), or at least 2 years old.
- To see if your car seat is installed properly and to find a certified child passenger safety technician in your area, visit Safe Kids Grand Forks at [safekidsgf.com](http://safekidsgf.com).



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