



Rear-Facing Only Car Seat

- » For children 4-5 pounds up to 22-30 pounds (weight limits vary by manufacturer).
- » NEVER PLACE IN FRONT OF AN ACTIVE AIR BAG.
- » Handle in proper position for traveling (see owner's manual).
- » Top of child's head should be no closer than 1 inch from top of shell.



- » Harness at/or below shoulder level and threaded correctly.
- » Harness tight enough so the straps are snug and excess webbing cannot be pinched; no more than 1 finger fits under harness strap.
- » Retainer clip at armpit level.

- » Base sits at correct angle and/or per level indicator on car seat/base. May use towel roll or pool noodle(s) under front of seat to achieve this position.



- » The LATCH system (Lower Anchors and Tethers for CHildren) may be used in place of the seatbelt if your vehicle has the LATCH anchors (refer to owner's manual.)

- » Once installed in the vehicle, the car seat base should not move more than 1 inch from side to side or front to back when holding the base at the seat belt bath.
- » Only use accessories like harness covers or infant inserts that came with the car seat.



- » Avoid bulky clothing or padding behind child's head, back or under buttocks. Place blankets around baby after harness is snug and secure if needed for fit.
- » Toddlers should remain rear-facing in the appropriate car seat until they are at least 2 years of age or reach the upper weight limit of their rear facing convertible car seat (usually 40-50 pounds).
- » Have your car seat checked by a certified child passenger technician. Safe Kids Grand Forks and Altru Health System sponsor routine car seat check-up events in various communities around the region. Visit www.safekidsgf.com for dates, times and locations.



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Shopping Carts and Car Seats – What's Safe?

Using your car seat outside of the car may be convenient, but there are safety risks to address. A common misuse of car seats is placing them on the top of shopping carts. Here are some safer options for transporting your infant inside a store.



» **Put the car seat in the basket of the cart**

Rather than setting the car seat on the top of the cart, put it in the large basket area. In that position, the seat can't fall off the cart. Be sure to check for proper recline and keep child securely harnessed.

» **Have baby sit in the child seat of the cart**

This option is good for babies that can sit up on their own (usually around 6 months of age). Be sure to buckle baby in place and never leave the cart unattended.

» **Leave the car seat in the car and babywear**

This keeps your baby close while leaving your hands free for shopping and doesn't take up any cart space! Be sure to follow manufacturer's instructions for proper babywearing.

» **Use a stroller**

If you have a travel system that goes with your car seat, bring the stroller to the store with you. Items you are purchasing can be stored in the bottom of your stroller until you get to the register.

» **Shop where carts are designed to hold a car seat**

There is a product available to retailers called Safe-Dock. This is meant to hold your infant car seat and not take up space in the shopping cart.

