



Install Car Seats Carefully

(adapted from MCHB)

Starting the day she is born, any time you take your baby anywhere in a car, put her in a car safety seat. This is best for your baby, and all states, the District of Columbia, Puerto Rico and the U.S. Territories have child passenger safety laws.

Your baby will need different kinds of car safety seats as she grows. Right now, she should be in one that is made for a newborn baby. The safety seat should be placed in the back seat, facing the rear (she can graduate to a front facing one when she is 20 pounds and one year old). Infants should never be placed in the front seat.

- Make sure the car safety seat fits your car. If it doesn't, exchange it.
- Make sure it is fastened in the car securely.
- Make sure the straps that go around your baby fit her snugly.
- Avoid used car seats since they may be damaged.
- Make sure any safety seat you buy comes with directions on how to install it.
- Make sure you understand the directions.

If you cannot afford a safety seat, the National Highway Traffic Safety Administration can provide information on resources that help low-income families purchase or borrow child car seats.

You may call them at 1-800-424-9393 or visit their Web site at www.nhtsa.dot.gov/.