

Dear Parent:

One size does not fit all when it comes to buckling up kids. Most parents believe they buckle their kids in correctly, but surprisingly, most times they're wrong! Buckling your child right just isn't as easy as it used to be. With so many different restraints on the market, it's hard to choose the car seat or booster seat that would best protect your child in a crash. Because we are concerned about your child's safety, we have checked off the child restraint best suited for your child's age, weight and height. We hope this will help eliminate some of confusion of which car or booster seat should be used.

I am: _____ months/ years old I weigh: _____ pounds I am: _____ inches tall

My best protection would be:

- An infant-only or rear facing convertible child safety seat.** Children younger than one year and weighing less than 20-22 pounds (according to your seat's manufacturer) are best protected in these types of seats.
- A rear-facing convertible child safety seat that has a high rear-facing weight limit.** Children younger than one year but weighing more than 20-22 pounds are best protected in this type of seat.
- A forward-facing convertible child safety seat; for an older child in the 30-40 pound range, a high-backed booster with an internal harness system is acceptable.** Children who are older than one year and weighing between 20-22 and 40 pounds are best protected in these types of seats.
- A belt positioning booster seat used with a lap and shoulder belt; a high-backed booster for vehicles with low bench seats, a no-backed booster for seats with head rests.** Children under 8 years of age, weighing between 40-80 pounds, under 57 inches in height, and children who are unable to bend his/her knees over the edge of the vehicle seat are best protected by these types of seats.
- A lap and shoulder belt.** Children who are at least 8 years old, weigh more than 80 pounds and are taller than 57 inches are best protected using both the lap and shoulder belt.

Keep children in the back seat until they are 13 years old and weigh at least 100 pounds

Above are child passenger safety "best practice" recommendations. "Best practice" recommendations are the most current, up-to-date recommendations that can be given by safety experts to help you best protect your child.

This service was provided by the Dorchester County Highway Safety Program. For more information about your child's safety seat, or to make an appointment to receive/inspect a seat, call Erin Roop at Dorchester County Health Department: (410) 901-8131.

Additional Tips:

- From an early age, explain to young children that they will use a booster seat when they are older.
- When it is time to switch to a booster seat, show children how the booster offers them better protection than an adult seat belt.
- Let children help in selecting the seat.
- Make sure the seat fits your child's weight and height.
- Try installing a seat your vehicle before purchasing it. Make sure it fits the vehicle seat and restraint system.
- Always consult your vehicle owner's manual before purchasing and installing a child safety seat. Most will offer specific instructions and list special equipment needed for proper installation of a child safety seat.

The following activities may help make your child's transition from convertible seat to booster seat easier:

"Riding in a Booster, Makes the Seat Belt Fit Me"

(Sung to the tune of "Where is thumbkin?")

Where is Emma? (insert your child's name)

Where is Emma?

Here I am. Here I am.

Riding in a booster

Makes the seat belt fit me

Safe and snug, safe and snug.

I am Emma.

I am Emma.

I'm big now. I'm big now.

'Cause I'm in a booster

And the seat belt fits me

I can see, I can see.