



Protect my children on every trip

This sheet can be filled out by a parent, child passenger safety technician or physician and then shared with the drivers who transport your children. Download it again and again from www.chop.edu/carseat.

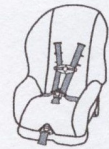
Use the proper restraint for each child's age and size

- Keep your baby in a rear-facing seat until she is at least 1 year old and at least 20 pounds. Never place a rear-facing infant seat in the front seat with an active airbag.
- Use a forward-facing seat with a harness after your child has outgrown her rear-facing seat and she is at least 20 pounds and 1 year of age. She should stay in this seat until she weighs approximately 40 pounds or her ears reach the top of the seat.
- Use a booster seat when she has outgrown the forward-facing seat. Be sure to check the height and weight limits for the seat you own. Your child needs to use a booster seat from about 4 to at least 8 years old or until she reaches about 4 feet, 9 inches.
- Keep her in a booster seat until the adult lap-and-shoulder belt fits properly. The shoulder belt should lie across the chest between the neck and arm and the lap belt must be across the upper thighs, not the soft stomach.
- An adult lap-and-shoulder belt can be used when your child is tall enough (usually about 4 feet, 9 inches) to sit against the back of the car's seat with her legs bent at the knees and feet hanging down.

Types of Restraints



Infant seat with base



Convertible seat



3 in 1 convertible



High-back booster



Backless booster



Lap/shoulder seat belt

Here's where the children sit.

Diagram of a car interior showing seating positions for children and a driver. The driver's seat is on the left. The front passenger seat is on the right. The back seat has three rows of seats. Each seat is labeled with a line for the child's name and a line for the restraint type. The driver's seat is labeled 'Driver' with a steering wheel icon and the text 'You are a role model. Always wear a seat belt.'

(child's name)	(child's name)	(child's name)
(restraint type)	(restraint type)	(restraint type)
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