



## Car seat safety

One of the most important jobs you have as a parent is keeping your child safe when your child is riding in a vehicle. Each year, thousands of young children are killed or injured in car crashes. Proper use of car safety seats helps keep children safe. The type of seat your child needs depends on several things, including your child's age, size, and developmental needs.

**See the reverse side for more about car seat safety.**

# Don't put your child at risk – buckle up the right way on every ride!

- Infants and toddlers must ride in a rear-facing care seat. Keeping your child rear-facing if possible is the best way to protect their head, neck, and spine.
- After your child reaches the weight or height limit on their rear-facing car seat, they are ready to ride in a forward-facing car seat.
- A belt positioning booster seat should be used after your child reaches the maximum weight or height limit on their forward-facing car seat.
- Your child is ready to ride only with a seat belt when they are 4'9" and able to sit all the way back on the vehicle seat, their knees are bent at the edge of the seat with their feet planted firmly on the floor, the seatbelt crosses the shoulder and is centered above their collar bone, the lap portion of the seat belt lies low on their hips and across their lap and they can stay seated this way for the entire car ride, even if sleeping.

For more information, visit [glennon.org/safetyprogram](https://glennon.org/safetyprogram) or call **314-678-5474**.

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

