Car Seat Safety

Which Car Seat do I Choose?

Infant Car Seats

- Not required if you have a convertible car seat
- Faces backwards
- Most start at 4 pounds and go to 30 pounds - this can vary



Convertible Car Seats

- Starts facing backwards, switches to facing front
- Grows with baby - seat can be used up to 4-6 years of age
- Must be used when the child outgrows their infant seat
- Most start at 5 pounds and go to 40 pounds rear-facing and then change to forward-facing



What to Know:

- **Look for safety labels**
  - Check side, back, or bottom of seat
- **Check height and weight range**
  - Look at safety label
  - Child MUST be within this range
- **Correct parts are present**
  - 5 point harness straps, chest clip, buckles

Beware of counterfeit car seats

- **Do not** buy from a unauthorized or third-party re-seller such as TikTok Shop or Temu
- Make sure car seat has a FMVSS 213 Certification label **- Look for statement on the car seat:** "This child restraint system conforms to all applicable Federal Motor Vehicle Safety Standards."



HCAN
Health Center Association
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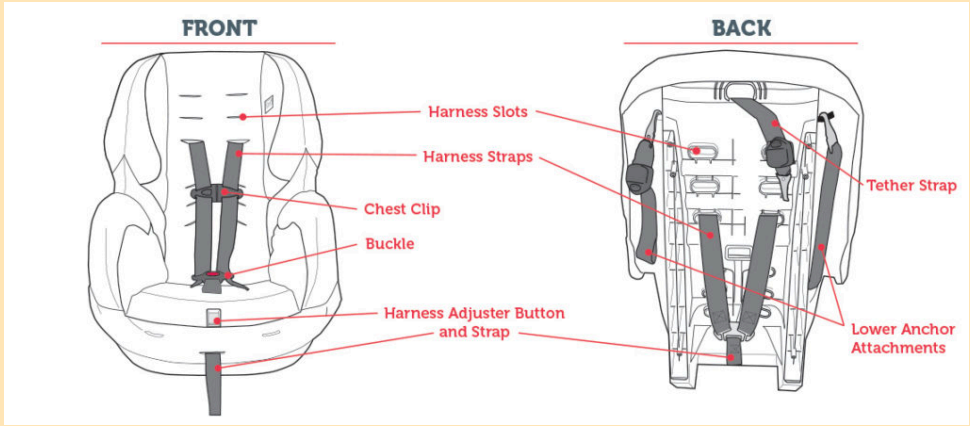
When to get a New Car Seat:

- After vehicle crash
- After the birth of a new child
- If seat is broken or damaged
- If seat is expired (after 7-10 years)



Your car seat should have a safety label like this one



Your car seat should have all of these important parts

IMPORTANT:

- Install car seat before baby is born
- Car seat must be installed before you leave the hospital
- Car seat must be rear-facing until child is 2 years old or height/weight limit of seat is reached
- Buy car seat from a reliable store such as Walmart, Target, or the manufacturers website
- If buying a used car seat, check for the history of the seat - make sure it has not been in a crash, not expired, and has all of the parts mentioned above

Call your doctor or visit a health center with any questions. Ask about parenting and safety classes offered in your area.