

Are you Car Seat Savvy?

The American Academy of Pediatrics recently announced their recommendation to keep children rear facing in vehicles until at least the age of 2. Studies show that children are safer when rear facing, where their neck and spine is much more protected during an impact, compared to forward facing.

There is so much information about car seats....here are the basics, in 3 stages:

Stage 1 - REAR FACING

****until at least age 2**
(new recommendations)**

INFANT CARRIER

ex: Evenflo Snuggly

Rear Facing: 5-35 pounds



****Most children will outgrow this seat before they reach 35 pounds, due to their height****

CONVERTIBLE CAR SEAT

(still rear facing)

ex: Britax Boulevard

Rear Facing: 5-40 pounds



There is no rush to turn your child around! Children are 5 times safer when rear facing!

Stage 2 - FORWARD FACING using 5-point harness system

CONVERTIBLE CAR SEAT

ex: Britax Boulevard

Forward Facing:

20-65 pounds



COMBINATION CAR SEAT

ex: Graco Nautilus

Forward Facing:

20-65 pounds



Keep your child in a 5-point harness for as long as possible!

Stage 3 - BOOSTER SEAT using vehicle's shoulder belt

COMBINATION CAR SEAT

ex: Graco Nautilus

Belt-Positioning:

40-100 pounds



BELT-POSITIONING

ex: Graco Turbo Booster

40-100 pounds



In New Brunswick a child must stay in a booster seat until they are either 80 pounds OR 57 inches high OR 9 years old.

****Children should ride in the back seat until at least 13 years of age****

A few safety tips:

- Follow the car seat manual for proper installation - every time!
- Always check your car seat's manual for height and weight limits.
- Check your car seat's expiry date, and do not use after this date.
- Replace any car seat that has been involved in an accident
- Periodically check for recall notices
- Do your research....not all car seats are alike!

**When in doubt, contact a certified car seat technician -
nbcarseatmama@gmail.com**

Here are some useful links:

<http://www.safekidscanada.ca>

<http://www.childsafetylink.ca>

<http://thecarseatlady.com>

<http://www.tc.gc.ca/roadsafety/>

Does your car seat have this symbol?



This symbol guarantees that your car seat complies with Canada's Motor Vehicle Restraint Systems and Booster Cushions Safety Regulations (RSSR) and the applicable Canada Motor Vehicle Safety Standards (CMVSS).

It is illegal to import and use a car seat that does not comply with Canadian standards.