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Safety first car seat manual

published on 08/29/2017 Sarah D. Young Reporter and Editor Photo (c) jolopes - FotoliaKids are the most precious cargo, so it's so important to make sure that your little one's car seat is right for its age and size. In the event of an accident, properly used car seats can reduce the risk of death by up to 71%, according to Safe Kids Worldwide. To give parents all the information they need to travel safely with their children, Safe Kids Worldwide has teamed up with Babies R Us to launch a promotional and informational campaign that aims to help protect children from preventable injuries. Security education eventIn years past, Babies R Us and Toys R Us have offered parents and caregivers an opportunity to swap old or outdated car seats in exchange for a discount. This year, Babies R Us is taking a new spin on the Big Event trade-in. Instead of having to drag your old car seat to a Babies R Us store, you can get a 25% discount on all new car seats (in-store or online) throughout September -- no negotiation needed. Babies R Us says it will donate 5% of the profits from each car seat sold to Safe Kids Worldwide to help protect children from preventable injuries. In addition, the retailer will hold a Ask the Specialist in Cadeirinhas event at select locations on Saturday, September 9. At the event, parents will have the chance to get personalized car seat recommendations from Safe Kids Worldwide representatives. New parents can also be informed about topics such as car seat safety, safe sleep environments, child waterproofing at home and bath time. Seat recommendations Here's a quick overview of child seat recommendations, according to Safercar.gov: Birth at 12 months. Always use a car seat for children under 1.1 to 3 years old. The rear front is still the safest option, so continue to use a back-facing seat until your child reaches the maximum height or weight limit allowed by the car seat manufacturer. When that happens, switch to a front-facing car seat with a belt and tie.4 to 7 years. Keep your child in a front-facing car seat until it reaches the weight or height limit, then switch to a booster seat (still in the back seat).8 to 12 years. When your child is big enough to fit in a seat belt properly (with the shoulder belt lying snugly across the shoulder and chest, not through the neck or face), they can start traveling without a car or booster seat. They must still be in the back seat. In addition to choosing a car seat suitable for your child's age and size, it is also important to be aware that the car seats expire. The plastic from which car seats are made becomes less durable with age. Be sure to Note the expiration date listed in the car seat manual and exchange the old car seat for a new one when needed. Using a car seat, also called a child seat, is the best way to protect your children when they are in a car. Car accidents are one of the causes of death and injury for children. Because car seats save lives, using a car seat is the law in every American state. But keeping your child safe depends on choosing the right safety seat and using it properly. The best car seat is the one that fits your child's weight, size and age, as well as in your vehicle. Here are a few things to know so you can choose a seat that's right for your child: Choose a seat that meets or exceeds the Federal Motor Vehicle Safety Standard 213. The seat tag will say that. Learn how to install the seat and use the harness before your child's first ride. Don't rely on window displays to show how to do it. For help or to verify that you have installed correctly, visit a federally created children's car inspection station across the country. You can also get help from many local health departments, public safety groups, hospitals, law enforcement agencies and firefighters. Be sure to request a certified child passenger safety technician. Be careful when using a second-hand car seat: If you know a seat was in an accident, do not use it. It may be damaged in ways you can't see. Do not use a seat that is missing parts or does not have a manufacturing date and model number. If no instruction manual is available, do not use the seat. Also, check the seat for the recommended expiration date. If you have any questions about the history of a seat, or if it has cracks or other signs of wear, do not use it. Car seat recalls are common. Contact the manufacturer and ask how long the seat can be used safely. If a seat has been recovered, the manufacturer can provide a replacement part or a new model. Be sure to fill out the product registration card so that you hear about recalls immediately. Babies start in child-only (back-facing) or convertible seats. As they grow up, children switch to forward-facing seats before moving to a booster seat. Here is a summary of which seat to use when. Baby-only seats fit better for newborns and smaller babies. You will need to buy another seat when your baby overcomes. Baby-only seats are designed to protect babies from birth until they reach up to 35 kilos (about 16 kilos), depending on the model. The seats of the children's car should always be installed to the rear of the car. A small child is much less likely to die or be seriously injured when in a back-facing seat. That's because the back of the safety seat will pack the baby's head, neck and torso in an accident. At this age, a child's neck is usually not strong enough to sustain the in an accident. The American Academy of Pediatrics (AAP) recommends that babies and children walk in a back-facing seat until they reach the highest weight and height limits recommended by the seat manufacturer. Security experts say to do this based on the size of a child, not age. Young children can be turned back wards until 3 or 4 years of age. Child-only safety seats are convenient because they are designed to fold as aircraft carriers, chairs or rockers when not used the car. Many models stand out only from the base, allowing you to leave the base installed in the car. Some can be clicked on strollers to be wheeled around. If your baby is on the child safety bench outside the car, never place the seat on a high surface like a kitchen counter, a dresser or changing. Children's seats are easy to use, but don't let your baby spend too much time in one at home or in daycare. Too much time in a car seat can limit the movement of the baby and the opportunities for stimulation, which are important for the development of sensory and motor skills. Should I use a convertible seat? Convertible seats are designed to protect children: from birth to at least 18 kg facing back up to 30 kilos or even 36 pounds facing forward, depending on the convertible seat model are placed in different positions depending on the age and size of the child: They face each other backwards until a baby is ready to face (reached the rear limit or height for that seat). They can then be turned over and converted into a forward-facing seat. Some car seats are known as all-in-one or 3-in-one because they convert from front to front to booster with the harness removed. Convertible seats: they are heavy and not very portable should only be used for travel (not outside the car) can be economical because you may not need to buy a separate child-only seat are a good option for larger babies who outperform their baby-only seat and still need to be turned backwards if you use a convertible seat: Make sure it fits your child properly. A small child in a big seat may not be the best option. Do not use a model with a tray shield for newborns. The shield rises too high on them. In an accident, the baby's face can hit the tray. Front-only seats (20-80 pounds) Front-facing car seats are designed to protect children from 20 to 80 pounds (about 10 to 36 pounds) or more, depending on the model. All children who have exceeded the rear height or weight limit for the car seat should wear a forward-facing car seat with a full belt for as long as possible. They should only switch to a booster seat that relies on the adult seat belts of the car when they pass the height and weight limit to the front-facing car seat. Some cars have built-in or integrated car seats. As well as other safety seats for forward-facing cars, the built-in seats are for children who have outsof the back-facing car seat. Some convert into belt positioning reinforcement seats. Weight and height limits vary, so check your owner's manual. What about air bags? When combined with the air bags protect adults and adolescents from serious injury during a collision. They saved lives and avoided many serious injuries. But young children can be injured or even killed if they are in the front passenger seat when an air bag opens. The air bags were designed with adults in mind. They must open with great force (up to 200 miles per to protect a medium-sized male, 75 kg from injury. Although this strength is well for adults and older children, it can be dangerous for young children, possibly leading to head and neck injuries. Protect your baby or child from airbag injuries by following these rules: Never place a backward-facing child seat in the front seat of a car that has a passenger side air bag. Place child safety seats in the back seat. If you have no choice and should put a child in front (i.e. if your car is a two-seater or if the car seat does not fit in the back seat), push the passenger seat back as far as it will. All children under the age of 13 should always walk in the back seat, and in the middle of the back seat whenever possible. All passengers must have their seat belts folded. A law allows automakers to install a manual cutting switch that temporarily disables a passenger-side air bag. As recommended by the National Highway Traffic Safety Administration, if you must put a child in a booster seat in the front seat and your car has this cut-off switch, use it to disable the air bag throughout the ride. Be sure to turn the air bag back on when removing the seat from the propellant. You can find more information on how to keep children safe in cars online at: National Highway Traffic Safety Administration Safe Kids Worldwide Reviewed by: Kate M. Cronan, MD Date revised: October 2019 2019