A crash can happen any time—even if you are a good driver. It is important to use the right type of restraint based upon your child’s age and size. As your child ages, follow these four steps—one step at a time—to keep your child safe in the car.

Rear-Facing Car Seats
Use a rear-facing car seat until your child is two years old or reaches the highest weight or height limit allowed by the manufacturer of the car seat. A convertible or 3-in-1 car seat should be used in the rear-facing position for babies who outgrow infant-only car seats.

Forward-Facing Car Seats
Use a forward-facing car seat when your child is two years or older. Keep your child in a forward-facing car seat with a harness as long as possible, up to the highest weight or height allowed by the manufacturer of the car seat.

Booster Seats
Use a belt positioning booster seat when your child’s weight or height is above the forward-facing limit for the car seat. Keep your child in a booster seat until the lap and shoulder belts fit properly, typically between 8 and 12 years old.

Seat Belts
Use a lap and shoulder belt when the seat belts fit your child properly. The lap belt should be low and snug across the upper thighs and the shoulder belt should lie across the middle of the chest and shoulder. Children should be tall enough to comfortably bend their knees over the edge of the backseat with their back against the vehicle seat.

All children under age 13 should ride in the backseat.
IMPORTANT!

According to the National Highway Traffic Safety Administration, about 8 out of every 10 car seats are not used correctly. Always read and follow your car owner’s manual and the manufacturer’s instructions for your car seat when using and installing your car seat.

Other Safety Tips

1. Restrain your child on every trip. Most crashes occur at low speeds and close to home.
2. The best car seat fits your child’s size, is correctly installed and is used properly every time.
3. Weigh and measure your child often to make sure the right type of restraint is being used.
4. Set a good example for your child. Buckle up!

Need help?

A certified child passenger safety (CPS) technician can check your car seat and answer questions about child passenger safety. To find a car seat event and inspection station in your area, go to safeny.ny.gov/events.htm

For more information about child passenger safety, go to

New York State Governor’s Traffic Safety Committee safeny.ny.gov
New York State Department of Health health.ny.gov/prevention/injury_prevention/driving.htm
American Academy of Pediatrics aap.org
National Highway Traffic Safety Administration nhtsa.gov

For information about New York State’s Occupant Restraint Law, go to safeny.ny.gov/media/belt-bro.htm

Funded by the National Highway Traffic Safety Administration (NHTSA) with a grant from the New York State Governor’s Traffic Safety Committee

Follow us on:
health.ny.gov
facebook.com/NYSDOH
twitter.com/HealthNYGov