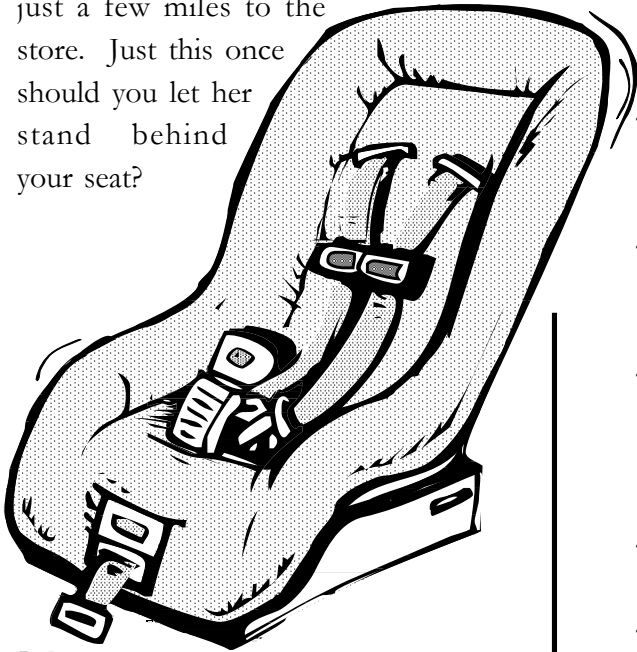


HEALTH

Car Safety Seats

You are in a hurry. Your toddler is screaming. She hates the car seat. It is just a few miles to the store. Just this once should you let her stand behind your seat?



Did you know that if you are in a crash, your daughter's 20-pound body will be thrown with the force of 400 pounds? You would do anything to keep your child from harm! But... you could not catch her in that split second of the crash.

A child safety seat will protect your child. All states have car seat laws to protect children. Laws vary from one state to the next. You may be fined if you do not obey the car seat laws. Your motor vehicle department will know the laws for your area.

You want to protect your family. These are guide lines.*

- All children age 12 and under should ride in the back seat
- Infants to one year, 22 pounds or less, should ride in a car seat that faces the rear of the car.
- Toddlers, a year or more, 20 to 40 pounds, may begin riding in car seats that face forward.
- Young children, ages 4 to 8, up to 4 foot 9 inches tall, should have booster seats.
- Read the instructions that came with the car seat. They will help you put the seat in correctly and buckle it safely.
- Never let anyone ride in the cargo area of a pickup truck.
- Everyone, buckle up!

*Information source: National Highway Traffic Safety Administration

Car seats cost a lot. If you can not afford to buy one, look for a car seat rent or loan program in your area. Ask the Health Department or the police. What if your child does not like the car seat? It is so hard to listen to the crying and fussing. **BUT**... don't ever take a chance - not even close to home or for a few miles. Wear your own seat belt. Remember, your child imitates you. If you wear your own seat belt, your child

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is more likely to accept sitting in the car seat. More than one half of all fatal crashes happen less than five miles from home.

Please... show your love for your child. Use an approved car seat every time you travel with your child.

FOR MORE INFORMATION

Contact your motor vehicle department or the National Highway Traffic Safety Administration at www.nhtsa.dot.gov. ■