

Buckle up for safety

Child passenger safety guidelines

Protect your child the right way every time!

- Car crashes kill or seriously hurt more children than any other injury or illness.
- Seat belts are adult-sized and will not protect a small child in a crash.
- Children ride in the back seat until they are 13 years old.

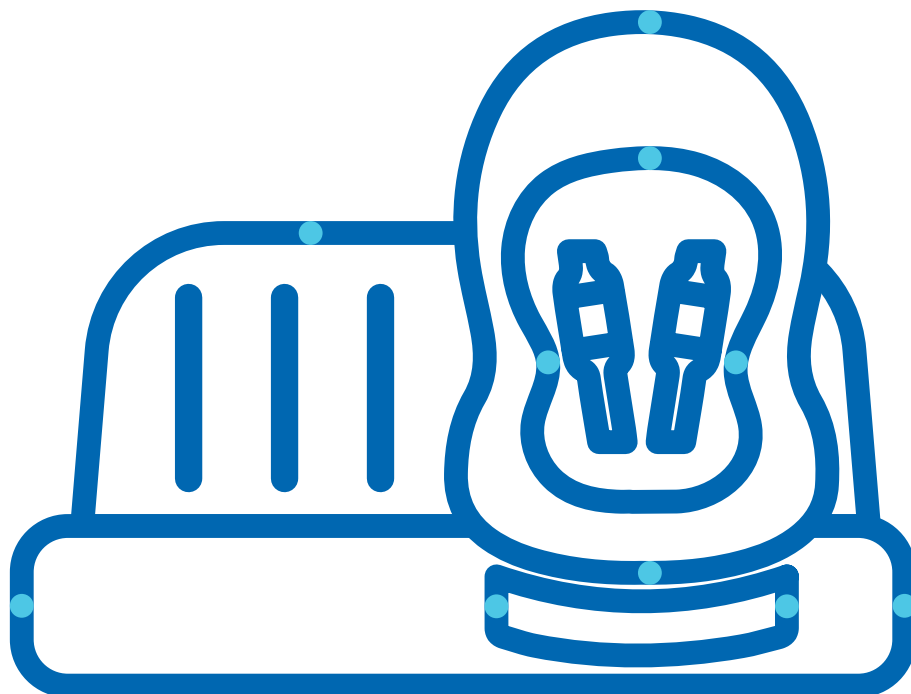


It's the law! Texas Child Occupant Protection Law

Every child must ride in an approved car seat for their weight and height until they are 8 years old or taller than 4 feet, 9 inches. All other passengers in the car must wear a seat belt.

Use the right car seat.

- Choose a car seat that fits your child's weight, height, age and developmental level.
- Read your car seat manual to install the car seat correctly and for specific weight and height limits.
- Stay in each stage as long as possible. Your child's safety decreases in each stage. Don't be in a hurry to move to the next stage.
- Decide when to move to the next stage by your child's size, not age.



Four stages of safety for growing children



1. Rear-facing

- Infants and children ride rear-facing as long as possible: Until they reach the highest weight or height limit of their car seat.
- Rear-facing car seats will keep a child's head, neck and spinal cord in a safe position.
- Make sure harness straps are at or below your child's shoulders, the harness fits snug, and retainer clip is at armpit level.
- Never place a rear-facing car seat in front of an airbag.
- Most car seats have rear facing weight limits for children up to 30 or 40 pounds. Don't worry if their feet touch the vehicle seat, they are still safe.



2. Forward-facing

- Once a child has outgrown a rear-facing car seat, move into a forward-facing car seat with a five-point harness. Use the harness to the highest weight or height limit allowed.
- Your child should stay in the forward-facing car seat as long as possible.
- Make sure harness straps are at or above your child's shoulders, the harness fits snugly and the retainer clip is at armpit level.



3. Booster seat

- Once your child outgrows the five-point harness, they move into a booster seat.
- A booster seat must be used with the lap and shoulder seat belt.
- A booster seat will "boost" your child up so the adult-sized seat belt fits correctly.
- The lap belt should fit at the top of the thighs or low on the hips. The shoulder belt is centered on the chest and shoulder.
- Use booster until the seat belt fits correctly. This is usually when your child is about 4 feet, 9 inches tall.



4. Seat belt

Children are tall enough for the seat belt when they can:

1. Sit all the way back against the vehicle seat.
2. Bend their knees comfortably at the edge of the seat without slouching.
3. Rest their feet flat on floorboard.
4. Fit the lap belt at the top of the thighs or very low on the hips (not stomach).
5. Wear the shoulder belt centered on the chest and shoulder.
6. Stay in this position for the entire ride.

If your child can do some of these, but not all, keep using a booster seat!

Keeping your child safe and protected is important to everyone at Cook Children's.

Your questions are important to us. Please call Trauma Services at 682-885-3954 if you need help.

The healthcare provider talked to me about the information in this handout.

- I know what I need to do.
- I know why doing this is important.
- All my questions have been answered.
- I have a copy of this handout.

Patient Name

Patient, Parent, or Legally Authorized Representative

Printed Name

Signed Name

Your Relationship to the Patient

Date

Time a.m. / p.m.

_____ **For staff use only** _____

Child-Passenger-Safety-Guidelines

Healthcare Provider

MRN (Medical Record Number)

Printed Name

Signed Name

Date

Time a.m. / p.m.

Interpreter

Printed Name or ID Number

Signed Name

Language Interpreted

Date

Time a.m. / p.m.

Print or imprint Patient Information

MRN _____

CSN _____

