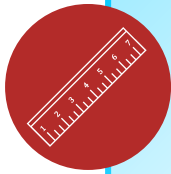
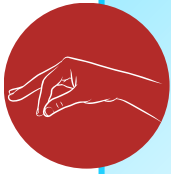


Using your Car Seat



The Inch Test

Once you've installed your car seat, give it a good tug at the point where the seat belt or lower anchor strap goes through the car seat. A properly installed car seat should not move more than an inch side-to-side or front-to-back. Try to remember to check for looseness every few months. Make sure to check your car seat manual for additional information.



The Pinch Test

Once you have safely secured your child in their car seat, make sure the harness is tightly buckled and coming through the correct slots of the seat. With the chest clip placed at armpit level of your child, pinch the strap at your child's shoulder. You should not be able to pinch any excess webbing, if you can you will need to tighten the strap!



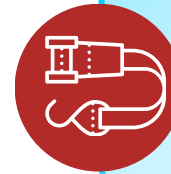
Handle Check

Infant car seats that double as carriers often have a handle that locks in a special position when the car seat is in the car. Make sure you read the car seat manual to understand what that position is and keep the handle in its correct position every time you travel.



Shoulder Check

See where the shoulder straps are threaded through the car seat? As your child grows, you can adjust the straps lower or higher according to their height. But where should the straps hit your child's shoulders? If your child is rear-facing, you want the straps to come out of the seat at or below their shoulders. For a forward-facing position, the straps should emerge from the seat at or above the shoulders.



Tether Check

If your child is riding in a forward-facing car seat with a 5-point harness, you should see a strap attached to the back of the seat with a hook on the end. The tether holds the top of the car seat tightly to the back of the vehicle seat, so the child's head won't move too far forward during a crash. The tether should always be used, whether the car seat is installed using the lower anchors, or the vehicle seat belt.



Expiration Check

Did you know car seats expire? To find your car seat's expiration date, check the sticker on the back/bottom side of the car seat, or car seat owner's manual. If an expiration date is not listed, a good rule of thumb is to add six years to the date of manufacturing listed on the sticker to reach the expiration date.



Accessorize Safely

We recommend that you do not use any accessories that did not come with your car seat, as most of these unregulated items have not been crash tested. They can interfere with the way your car seat is designed to protect your child in a crash. Contact your manufacturer to see if they make accessories that have been crash tested and approved to use with your car seat.

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Seat Belt Use During Pregnancy



Should I wear my seat belt?

Yes. Wearing your seat belt properly is the most important thing you can do to keep you and your baby safe.



How should my seat belt fit?

- Place the lap belt under the curve of your belly so the belt rests on your hips.
- Make sure the seat belt is not twisted.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.
- You may need to adjust the recline of your seat or the height of where the shoulder belt comes out of the wall.
- Pregnancy seat belt adjusters are not recommended.



How should I adjust my seat?

- Sit back to provide space between your belly and the steering wheel, but be sure you can reach the pedals safely.
- Try not to recline the seat more than necessary. Sit in a comfortable upright position.



What should I do about my airbags?

- Leave your airbags on.
- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat to keep at least ten inches of space between the airbag and your chest.



What should I do if I am in a crash?

- Seek immediate medical attention and notify your prenatal care provider, even if you do not feel injured.

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