



Placing Your New Baby in a Car Seat

Information intended for parents and family members on safety and proper positioning of your infant in a car seat.



Safety Tips

- Always read and follow the Manufacturer's instruction for your car seat.
- Newborns must travel in a rear-facing car seat. This is the best position for protection for your baby's neck and spine.
- Your baby's car seat has an expiry date. Make note of this and ensure your car seat has not expired.
- Never use a car seat that has been in a vehicle during an accident. The seat could be damaged.
- It is not safe to use any items that did not come with your car seat or are not sold as an accessory to your specific car seat from the manufacturer. (Example: bunting bags, trays or comfort straps).
- A National Safety Mark sticker must be present on any approved child car seat.



Positioning and Securing Your Infant in the Car Seat

- Tuck your baby's bottom into the back of the car seat, as snug to the back as possible.
- Chest clip should be at baby's arm pit level. This helps keep the straps from slipping off your baby's shoulders.
- Only one finger should fit between the shoulder harness and the baby's collar bone. If you can fit more than one finger under the straps – tighten them.
- Dress the baby in an outfit that is not bulky. This should allow for access to the buckle between the baby's legs and ensures that the car seat can be adjusted to the correct position. Avoid dressing the baby in a snowsuit for trips in the car. A blanket can be put on top after the baby is properly secured.

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Harness Straps:

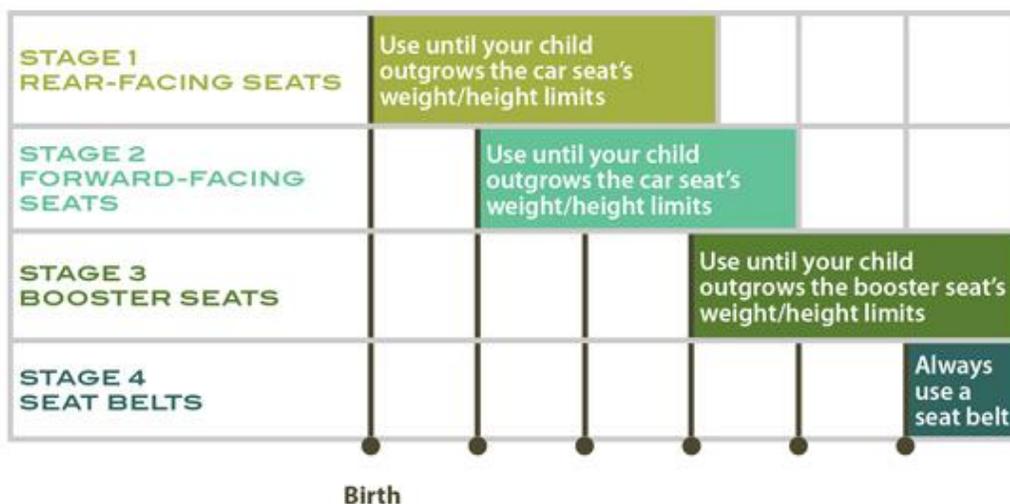
- Use slot positions that are at or just below the baby's shoulder.
- Lay the straps flat across your baby's body, ensuring that there are no twists or wrinkles in the straps.
- Ensure the straps are snug with no sagging. They must hold your baby in the seat.

Positioning the Seat in the Car

- To help make baby comfortable and make it easier for them to breathe, the car seat should be in a semi-reclined position at 45° angle and rear facing (see Manufacturer's instructions). You may choose to use rolled up towels or short pieces of pool noodle to prop the seat up to the correct angle.
- The base of the car seat should not move more than 2 cm in any direction.
- Ensure the car seat is installed correctly. If you are not sure that you have installed your car seat correctly, contact your local health unit or police station to find out where and when a car seat clinic is being held in your area.
- Rear-facing car seats should always be installed in the back seat of a vehicle.

Important Information

- By law, babies and kids must be buckled-up in a child restraint appropriate to their weight, height and age.
- Don't rush moving your baby to the next stage car seat.
- If the shell, base or materials on the car seat are ripped or damaged, replace it.
- Do not leave loose items in your vehicle during a trip, as they may become air borne and hit your child when making a sudden stop or in the event of an accident.
- Register your car seat with the manufacturer so that you can be informed of any recalls or safety notifications.



(Chart courtesy of Transport Canada February 2016)

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Additional Sources for Car Seat Safety and Installation

- Ontario Ministry of Transportation (MTO) – www.mto.gov.on.ca
- Transport Canada – www.tc.gc.ca
- Public Health Grey Bruce Health Unit – Call the Public Health Nurse to learn about local car seat clinics or to answer any of your questions or concerns.
519-376-9420 or 1-800-263-3456

Notes: