

Car Seats

Keep Your Child Safe



1. It seems so easy to just hold a baby in your lap when you are driving- but did you know that your little baby can seem like he or she weighs close to 250 pounds if there is a slow speed accident- that's a lot of weight for your arms to hold
2. Protect your child and yourself by using appropriate car seats- the type of seat that you need depends upon the age, weight, and height of your child:
 - **Infant Car Bed:** for babies and young children who need to lay flat
 - **Rear- Facing Infant Seat:** for infants who weigh less than 20 pounds and who are under a year old (this type is important because the baby's body needs the extra support in case of an accident)
 - **Forward-Facing Child Seat:** for kids who weigh 20-40 pounds and who are 26-40 inches tall (up to about 4 years old)
 - **Booster Seat:** for kids who weigh 40-60 pounds and who are about 4-8 years old (these help seat belts to fit better)
3. Bring your child with you when you get a new seat to make sure that you **get the right size** (if you need help getting a car seat, talk with your health care provider about where you can get a loaner seat in your community)
4. Remember- proper car seats can help save you and your child's lives.



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service

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