

FRANCIE & FITZ





Proper Fits and Safety Tips



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Children are more likely to want to ride in their booster seat if they understand how it works to keep them safe. A booster seat should be a normal part of their everyday life.







BOOST YOUR CHILD’S BOOSTER SEAT KNOWLEDGE

-  Have your child point to their shoulder bone, chest bone and hip bones, and ask, “What do they feel like to touch?” Typically, a child will say they feel hard like a rock. YES! These bones are very hard and strong.
-  Next, have your child point to their tummy and ask what it feels like. Their answer might be that it’s soft and squishy like a marshmallow. EXACTLY! Explain to your child that our soft organs are located inside our tummies: our kidneys, liver, stomach, bladder etc.
-  Ask your child, “Where do you think the best place for a seat belt would be to keep you safe? On the hard and strong parts of your body, or on your soft and squishy tummy?”
-  Discuss with your child how a booster seat works by properly positioning the vehicle’s seat belt across the strongest points of the child’s body. The lap should be positioned low and across the child’s hips, touching the upper thighs—never across the abdomen. The shoulder belt should be across the child’s chest, contacting the child’s shoulder.

PROPER FITS . . .

- Booster seats should be used for children who have outgrown their harnessed car seat until they are big enough and mature enough to fit and use a seat belt correctly. Remember, seat belts are made for adults.
- Select a booster seat appropriate for the child’s age, weight, height, and developmental level.
- When installing a booster seat, ALWAYS read the manufacturer instruction manual for your seat and your vehicle owner’s manual.
- The raised seating surface of a booster seat lets the child bend their knees over the booster seat, which keeps the lap belt snug across the child’s hips and upper thighs and the shoulder belt across their chest.
- Booster seats are designed to be used with a lap-and-shoulder belt. NEVER use a booster seat with a lap-only belt.
- It is extremely dangerous for children to put the shoulder belt under their arm or behind them. It removes the upper body protection provided by a correctly used seat belt.
- Children should remain in a booster seat until they correctly fit in a seat belt. Children should continue to ride in the back seat.

. . . AND SAFETY TIPS

-  It’s important to select the right seat and use it correctly every time, including carpools and rideshare services.
-  Expiration dates vary between manufacturers. Expiration dates can be found stamped in the shell, on a label, or in the instruction manual. NEVER use an expired car seat or booster seat.
-  Following a motor vehicle crash, car seats and booster seats in the vehicle may need to be replaced. Replacement is dependent on the severity of the crash as well as the car seat manufacturer guidelines.
-  Register your car seat and booster seat to be notified of important recalls and safety updates by the manufacturer. To do this, visit the manufacturer’s website or send in the registration card that came with your car seat or booster seat.
-  Children under thirteen years of age should ride in the back seat.
-  Booster and child seat laws vary by state. Visit ghsa.org for statewide laws related to child passenger safety.

FOR MORE INFORMATION, PLEASE VISIT:

nhtsa.gov
ghsa.org

References

National Child Passenger Safety Board. (2024). Child Passenger Safety Technician Certification Training. National Safety Council. <https://www.cpsboard.org/trainings/>
National Highway Traffic Safety Administration. (2020). Child Passenger Safety Technician Certification Training. Washington, D.C. https://cdn.nsc.org/cpsboard/Technician_Guide_2020.pdf