

# Keep your child safe in your car!

## Car Seats



Kentucky law requires children under 40 inches tall to ride in a car seat with a 3-point or 5-point harness.

The type of car seat needed and how you should install it depends on your child's **age**, **weight**, and **height**. Infants under 1 year old **MUST** be rear-facing in an infant-only carrier or a convertible car seat. It is safest to keep your child rear-facing until they are 2 years old and weigh 30 lbs.\* Children who are 3 or 4 years old should be in a forward-facing car seat with a harness until they outgrow the seat's weight and height limits. Follow all car seat instructions to use the car seat correctly.

## Booster Seats



Kentucky law requires children over 40 inches tall to use a booster seat until they are 50 inches tall and 7 years old.

Keep your child in a forward-facing car seat with a harness until they outgrow the height and weight limits (usually at least 40 lbs.). Then your child will need a booster seat to safely use the regular adult seat belt. The type of booster seat needed depends on your child's **weight** and **height**. Follow all booster seat instructions to use the booster seat correctly.

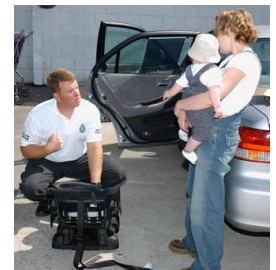
## Child Passenger Safety Programs

### Where can I get a car seat or booster seat?

- Buy a new car seat or booster seat.
- Use a second-hand car seat or booster seat.
  - ONLY use a second-hand seat if you know its history. DO NOT use seats that have been in a car crash or are more than 6 years old.
- **CAR SEAT:** Call Kristin at 772-8588 to find out if you are eligible to receive a car seat for \$15. Available to Family Health Center prenatal and pediatric patients only.
- **BOOSTER SEAT:** Call Kristin at 772-8588 (Family Health Centers) or Sharon at 629-7337 (Kosair Children's Hospital) to find out if you are eligible for a free booster seat.

### How can I make sure my child's car seat or booster seat is installed correctly?

Car seats are complicated! Over 90% of child safety seats are not installed correctly, and even small mistakes can make your child less safe. If your child already has a car seat or booster seat, you can have it checked by a certified Child Passenger Safety Technician (CPST) to make sure it is installed correctly. This service is **FREE!** Call Kristin at 772-8588 (Family Health Centers) or Sharon at 629-7337 (Kosair Children's Hospital) to make an appointment.



### To help your car seat check-up go smoothly:

- Call to schedule an appointment. Allow at least 30 minutes for your appointment. Let us know if you need to cancel or reschedule.
- Before coming to your appointment, install your child's safety seat by following the directions.
- For best possible evaluation, bring your child if possible.
- Child safety checks are offered as an educational opportunity, not an installation service.