

# Child Passenger Safety

**A**ccording to the National Highway Traffic Safety Administration, motor vehicle crashes are the leading cause of death among children ages 2 to 14, due in large part to the improper use or non-use of child seats and seat belts.

Are you or someone you know looking for a car seat for an infant, toddler or child 4-8 years old? Are you overwhelmed by the choices or worried about how to choose and properly install a car seat? To get some help consider contacting one of the agencies listed below.

For maximum child passenger safety, parents and caregivers simply need to follow *The 4 Steps For Kids*:

1. *Keep infants in the back seat, in rear-facing child safety seats as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum age of 1 and at least 20 lbs.*
2. *When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 lbs.) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 lbs.).*
3. *Once children outgrow their forward-facing seats (usually around age 4 and 40 lbs.), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).*
4. *When children outgrow their booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).*



**E**ach year thousands of young children are killed or injured in vehicle accidents across the United States. Proper use of car seats help keep children safe. To get your car seat checked out, contact one of the following agencies:

## Sacramento County Health & Human Services

English	(916) 875-5869
Spanish	(916) 875-7080
Hmong	(916) 875-7073

## California Highway Patrol

North Sacramento	(916) 338-6710
South Sacramento	(916) 681-2300
Downtown Sacramento	(916) 322-3337
Valley Division	(916) 464-4685

Mercy San Juan & Methodist Hospitals	(916) 864-5779
--------------------------------------	----------------

Sacramento Police Department	(916) 566-6401
------------------------------	----------------

UC Davis Medical Center	(916) 734-9799
-------------------------	----------------

