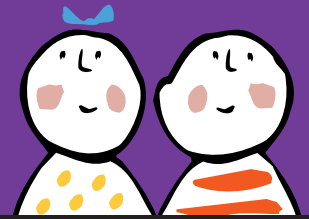




for Parents



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A PROGRAM OF CONNECTICUT CHILDREN'S MEDICAL CENTER

Safe Kids Connecticut Coalition
Injury Prevention Center

Connecticut Children's Medical Center
282 Washington Street
Hartford, Connecticut 06106
(860) 545-9988 TEL • (860) 545-9975 FAX
www.ctsafekids.org

Editor: **Karen Brock Gallo, MPH**
Director, Safe Kids Connecticut

Contributor: **Garry Lapidus, PA-C, MPH**
Director, Injury Prevention
Center, Connecticut
Children's Medical Center

For more information, contact:
Safe Kids Connecticut
860-545-9988
safekidsct@ccmckids.org

or your local Safe Kids

Fairfield County
203-247-1614

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Best Practices

The American Academy of Pediatrics (AAP) recently updated their recommendations on the safest way for children to travel in the car.

Although Connecticut's car seat law didn't change, our law has always been the **minimum** that we want kids to be restrained.

The new AAP guidelines represent the best way to travel safely with kids. Please see below for their 5 best practice recommendations.



1. All infants and toddlers should ride in a rear-facing car safety seat (CSS) until they are 2 years of age or until they reach the highest weight or height allowed by the manufacturer of their CSS.
2. All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their CSS, should use a forward-facing CSS with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of their CSS.
3. All children whose weight or height is above the forward-facing limit for their CSS should use a belt-positioning-booster until the vehicle lap-and-shoulder seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.
4. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection.
5. All children younger than 13 years of age should be restrained in the rear seats of vehicles for optimal protection.

For more information on the new AAP recommendations, visit their website at www.healthychildren.org

