

# NEW Car Seat Recommendations



## *Why are we concerned about child safety?*

Motor vehicle crashes are the leading cause of death in children ages 4 and older and still cause serious injury among children of all ages. New advice from the American Academy of Pediatrics (AAP) should change the way parents secure their children before driving.

## *Why did the guidelines change?*

Research finds that children under age two are 75% less likely to be injured or die if they ride in a car seat facing the rear.

## *What do the new guidelines say?*

- All children under 13 years should ride in the back seat because it's safer.
- Birth to 12 months: Children under one year should always ride in a rear-facing seat.
- 1 to 3 years: Keep children rear-facing until they reach the top height or weight limit for the car seat.
- 4 to 7 years: Keep children in a forward-facing car seat with a harness until they reach the top height or weight limit for the seat. Then use a booster seat in the back seat of your car.
- 8 to 12 years: Children should ride in a booster seat until they are big enough to use a seat belt. The shoulder belt should lie snugly across the shoulder and chest and not cross the neck or face.

*For more information go to:* [www.cdc.gov/Motorvehiclesafety/Child\\_Passenger\\_Safety](http://www.cdc.gov/Motorvehiclesafety/Child_Passenger_Safety)

## *Health Whys*

A public health message from

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