



## What Every Premature or Small Baby Needs to Know . . . Before Riding in the Car

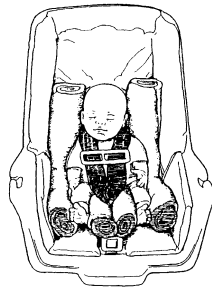
Every baby deserves to be protected, in case of a car crash. However small you are when you are ready to go home from the hospital, you can ride in a car seat that suits your size and medical needs. The restraint device your parents choose is especially important if you weigh less than 2.5 kg (5 ½ lb.).

### The Basics of Protection

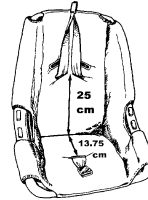
- ▶ The safety seat must be the right size for you.
- ▶ The seat must meet Canadian Motor Vehicle Safety Standards (CMVSS 213.1).
- ▶ It must be used correctly, with you fastened into the car seat, and the seat fastened into the car.
- ▶ You should ride in a place where an adult can watch you. (not in front of an air bag)

### How to Be Comfortable in a Car Seat

- ▶ You should always ride facing the back of the car.
- ▶ Your bottom and back should be in contact with the bottom and back of the car seat.
- ▶ Rolled-up diapers or small receiving blankets along the sides of the seat, around your head, and between your legs behind the crotch strap may make a better fit.
- ▶ If your car seat comes with a support piece that has a back, it must have slits in the back, exactly matching the harness slots, for straps to be pulled through. There should be no thick padding behind your back or under your bottom.
- ▶ You should recline at a 45-degree angle. If the vehicle seat slopes so that your head flops forward, your parents should tilt your seat back just enough so that your head rests comfortably without falling forward. To do this, a firm roll of cloth or foam noodle can be placed under the front of the car seat below your feet.
- ▶ Shoulder straps must be in the lowest slots, the harness must be snug and the chest clip at armpit level.



- ▶ Car seats with shields in front should not be used when you are very small, because your face or chest could hit the shield in a crash.
- ▶ Car seats with a space of 13.75 cm, or less, between the crotch strap and the seat back, will keep you from slouching too much.



- ▶ Car seats with shoulder harness slots located 25 cm, or less, above the seat bottom, will work best to hold your body in place in a crash.
- ▶ Shoulder straps must be in the lowest slots.
- ▶ Household carriers or feeding seats are not strong enough to protect you in a crash.

### If You Use Special Medical Equipment

An apnea monitor, portable oxygen tank or other equipment must be anchored to the floor of the car, or under a seat, so they won't fly around in a crash, and injure you or someone else.

### Infant Seat Measurements

This is a list of seats, both older & current models [bolded], with a shoulder harness height of less than 25 cm. New models may also fit these criteria. Seats with a crotch depth of more than 13.75 cm can be padded for a better fit.

<u>Seat</u>	<u>Crotch Depth</u>	<u>Shoulder Strap Hgt.</u>
<i>Older models [no longer manufactured]</i>		
Cosco Arriva	19 cm	19 cm
Evenflo Cozy Carry/PortAbout	11 cm	15 cm
<i>New models 2007-2009</i>		
<b>Chicco KeyFit</b>	14 cm	16.5 cm
<b>Cosco/Safety 1<sup>st</sup> Infant seat</b>	11 cm	15 cm
<b>Evenflo Embrace</b>	11 cm	15 cm
<b>Graco Snug Ride/Infant Seat</b>	15 cm	18 cm
<b>Graco Snug Ride 32</b>	18 cm	18 cm
<b>Graco Safe Seat</b>	15 cm	18 cm
<b>Peg Perego Primo Viaggio</b>	12.5 cm	19 cm
<b>Peg Perego SIP</b>	15 cm	20.5 cm

*Adapted from a fact sheet published by the American Academy of Pediatrics. This information is **not** a substitute for the medical care and advice of your doctor.*

Your doctor may recommend that your baby travel lying down in a car bed. The Cosco Dream Ride is approved in Canada (CMVSS 213.5) as a car bed for infants weighing from 1.8-4.5 kg (4-10 lb.).

### What Your Parents Should Know Before Choosing a Seat for You

- ▶ If your parents already have a car seat, you may be able to use it when you are very small, depending on how it fits. Many models can be adapted with padding, as long as they don't have a shield.