

Car Seat Safety Training

The proper use of car seats and booster seats can help prevent many child injuries and deaths. Learn how to properly install your child's car seat to make sure your loved ones are buckled in securely. Families needing a seat can receive a free car seat if the child with them to be properly measured.

To be eligible, families must preregister, at the following link, two days prior to their selected training date.

Location: 4100 Clarksville HWY

<https://www.surveymonkey.com/r/MNPSCarSeat>

Training dates: Every third Friday of each month, weathering permitting.

Is Your Child in the Right Car Seat?

How to know for sure:



REAR-FACING CAR SEAT

Babies and toddlers need to ride rear-facing as long as possible.

Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.



FORWARD-FACING CAR SEAT

Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.

When your child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash.



BOOSTER SEAT

Children are ready for a booster when:

- They reach the limits for the forward-facing car seat with a harness, or
- Their shoulders grow above the car seat top harness slot, or
- Their ears are at the top of their car seat.

Boosters help keep the seat belts in the safest position. The lap belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.



SEAT BELT

Is your child ready to ride on the seat?

- Can your child sit with his hips against the back of the seat?
- Do her knees bend comfortably at the edge of the seat?
- Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?
- Can your child sit like this the entire trip?

If you answered "no" to any of these questions, your child needs to keep using a booster.

- The back seat is the safest place. Children should ride in the back seat until they are 13 years old.
- Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.
- Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.
- Seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.

Artwork from NHTSA. Layout, design and text copyright Child Safety Solutions, Inc.

Date	Time
January 15, 2016	10:00AM – 2:00PM
February 19, 2016	10:00AM – 2:00PM
March 18, 2016	10:00AM – 2:00PM
April 15, 2016	10:00AM – 2:00PM
May 20, 2016	10:00AM – 2:00PM
June 17, 2016	10:00AM – 2:00PM
July 15, 2015	10:00AM – 2:00PM
August 19, 2016	10:00AM – 2:00PM
September 16, 2016	10:00AM – 2:00PM
October 21, 2016	10:00AM – 2:00PM
November 18, 2016	10:00AM – 2:00PM

This program is funded through a grant from the Tennessee Department of Health Injury Prevention Program.