

# Child Car Seat Recommendations

*The Right Way for Your Child to Ride*



## REAR-FACING – Infants & Toddlers

- All infants & toddlers should ride in a rear-facing child car seat until they reach the highest weight or height allowed by the child car seat, usually when they are about 2 years old.
- There are different types of rear-facing child car seats: Infant-only car seats can **only** be used rear-facing. Convertible child car seats can be used **both** rear-facing & forward-facing. Convertible seats have higher height & weight limits for the rear-facing position, so your child can ride rear-facing longer.



## FORWARD-FACING – Toddlers & Preschoolers

- Keep your child rear-facing until he or she reaches the top height or weight limit allowed by the car seat manufacturer.
- Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness until they reach the highest weight or height allowed by the child car seat.



## BOOSTER SEAT – School-aged Children

- Keep your child in a forward-facing child car seat with a harness until he or she reaches the top weight or height limit allowed by the car seat manufacturer.
- When your child outgrows the forward-facing child car seat, it's time to use a belt positioning booster seat with the car's lap and shoulder belt.



## SEAT BELT – Older Children

- Keep your child in a booster seat until he or she is big enough to fit in a seat-belt properly.
- The seat belt fits properly when the lap belt lies snug across the upper thighs, not the stomach. The shoulder belt lies snug across the shoulder and chest and not cross the neck or face.

**California law requires** children to be correctly restrained in a child car seat or booster seat in the back seat of the car until they are **8 years old or 4'9" tall.**

# Child Passenger Safety Fitting Stations

*Please call to schedule an appointment*

## Sacramento County

- UC Davis Medical Center ..... 916-734-9784
- CHP, North Sac ..... 916-338-6710
- CHP, South Sac ..... 916-681-2300
- CHP, Downtown Sac, Capitol ..... 916-322-3337
- CHP, Valley Division Office ..... 916-464-2090
- Mercy San Juan Medical Center ..... 916-864-5779
- AAA Office, Folsom ..... 916-351-2629
- AAA Office, Citrus Heights..... 916-560-0503

## Outlying Areas

- Roseville Fire Department ..... 916-772-6300
- El Dorado Hills Fire Department..... 916-933-6623
- West Sacramento Fire Department..... 916-617-4600
- CHP, Newcastle ..... 916-663-3344
- CHP, Placerville ..... 530-662-4885
- CHP, Woodland ..... 530-662-4685
- AAA Office, Auburn..... 530-886-2540
- AAA Office, Jackson ..... 209-223-6903
- AAA Office, Placerville..... 530-295-6605



**UC DAVIS**  
CHILDREN'S HOSPITAL



A **REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, it cradles & moves with your child to reduce injury to the fragile neck & spinal cord.



A **FORWARD-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.



A **BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child's body.



A **SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain your child safely in a crash. It should never rest on the stomach area or across the neck.