

Tips for keeping your baby happy in a car seat



Start Early. Children who start out in car seats as babies, and ride in seats on every trip, are much easier to keep in their seat when they become toddlers and preschoolers.

Be Consistent. Always buckle your child into a car seat. Not using the car seat, even on short trips, confuses the child and is unsafe.

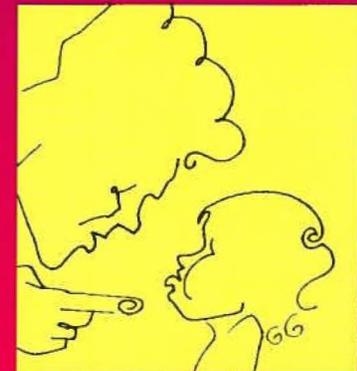
Be Firm. Almost every child at some time will try to get out of his or her car seat. Don't panic! When this happens, stop the car. Talk to the child in a firm, serious voice; then buckle the child up again in the car seat. Repeat this as often as needed. The child will learn that you will not let him or her ride without being buckled.

Have Fun. Talk to your child, sing, hum, play tapes of favorite songs and stories, and play games. Other items such as stickers, dolls, cars, magnetized puzzles, books, and snacks help make your child more comfortable and happy. Additionally, let your child be on the "Buckle Up Patrol" to make sure that everyone in the car buckles up.



To find out how and where you can get a free or low-cost car seat in your community, call 1-800-522-0203.

Where
is the
one
place
you
must be
the
boss?



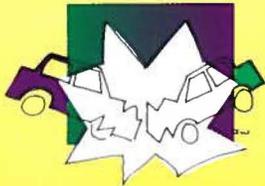
Inside the car!



CAR SEATS SAVE LIVES !

Some kids just don't like to sit in a car seat. They like to be free to roam around the vehicle or they feel more comfortable riding in someone's lap.

Unfortunately, your child has more of a chance of being hurt or killed in a car wreck than from anything else. No one plans to have a wreck, but they still happen...every day. That's why it is important for you to be the boss and make sure your child rides in a car seat every time your child rides in a car.



Most deaths and injuries due to motor vehicle wrecks happen a fraction of a second after a crash when a child, who is not in a car seat, hits something inside the car like the dash or windshield. Because they have delicate bone structures, babies and young children are extremely likely to be seriously hurt in a crash.

At just 25 miles per hour (the speed limit in many neighborhoods), a 30-pound child not in a car seat will be thrown forward with a force of 750 pounds if you had to stop quickly.

If a mother or father was not wearing their seat belt and was holding their child, they would crush the child against the dash in a wreck. No man or woman could continue to hold a child in their arms during a crash, even if the car was only traveling 15 miles per hour. Many injuries among children 1-4 years of age happen during non-crash situations, when a child hits something inside the car when it stops suddenly or turns or swerves. To find out how and where you can get a free or low-cost car seat in your community, call 1-800-522-0203.

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OKLAHOMA INJURY PREVENTION
OKLAHOMA STATE DEPARTMENT OF HEALTH
INJURY PREVENTION SERVICE-0307
1000 N.E. 10th STREET
OKLAHOMA CITY, OK 73117-1280