

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 seats 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. Pat your baby, sing, hum, play tapes of favorite songs and stories, and play games. On long trips, stop regularly to change positions, diapers or feed the baby. Have soft, colorful rattles, teethers or photo books handy.



Be a Role Model. Children often copy what they see. Parents who regularly buckle up will more than likely have children that will do the same.

There's more to being a parent than dirty diapers and sleepless nights



You want to protect your baby, too.

One of the leading dangers to your new baby is riding in a motor vehicle such as a car, pickup or van.



Although your arms are usually a very safe place for your baby, the only safe place for your child when riding in a car is in a car seat. Most deaths and injuries happen a fraction of a second after a crash. A baby that is not in a car seat will hit something inside the car like the dash or windshield. Because they have delicate bone structures, babies and young children are likely to be seriously hurt in a crash.

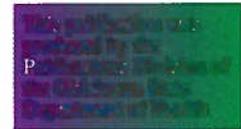


If you had a wreck while going only 30 miles per hour, you could not even hold on to a 10 pound baby. The crash would throw the baby forward with a force of 300 pounds. That's like throwing your baby off a 3-story building.

A mother or father who is not wearing their seat belt and is holding the baby would crush the baby against the dash in a wreck. No man or woman can continue to hold a baby in their arms during a crash, even if the car is only traveling 15 miles per hour.

No one plans to have a wreck, but they still happen...every day. You can do something that can protect your baby. You can make sure your baby rides in a car seat every time your child rides in a car. It's one less worry for you. And be sure to set a good example for your child by buckling your own seat belt.

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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