

### DVD Worksheet, Page 1

#### Handed-Down Car Seats

Be careful with used car seats.

1. Check the car seat's expiration date, usually found on the car seat's bottom. Don't use it if it is expired.
2. Know the car seat's complete history.
3. Never use a car seat that has been through an accident.
4. Check to make sure that all its parts are in good working condition.
5. Check for any recalls. Don't use it if it has been recalled.

#### Securing Your Child in Her Seat

A very common mistake is not cinching the harness tightly enough when strapping your child into her car seat. Straps too loosely cinched can cause injury to your baby and might not keep her in her seat in an accident. No matter how much your child might object or cry, *always* strap her in correctly according to the instructions that came with your car seat.



Most babies will go through a stage when they don't like their car seats. Don't worry; it will pass.

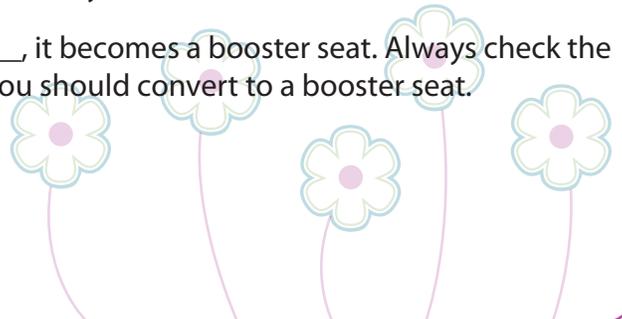


#### Car Seat Basics

- Buy a car seat that can be installed and used correctly every time.
- Make sure the car seat fits in your car.
- Used car seats should only be considered when you personally know the complete history of the seat.

#### Car Seat Safety

1. \_\_\_\_\_ are the force that works against \_\_\_\_\_ to keep you in your seat. Spreading the destructive forces of an impact to \_\_\_\_\_ parts of your body.
2. Properly installed car seats reduce the risk of death by as much as \_\_\_\_\_.
3. Latch stands for \_\_\_\_\_ and \_\_\_\_\_ for \_\_\_\_\_. Car seats installed with LATCH are \_\_\_\_\_ as likely to be installed correctly than seats installed with seat belts.
4. The \_\_\_\_\_ recommends that your child under age \_\_\_\_\_ always ride in a rear facing seat and that they stay in a rear facing seat for as long as possible.
5. In a crash, a rear-facing car seat cradles and moves with the \_\_\_\_\_. Its shell also supports, cradles, and protects the child's fragile \_\_\_\_\_ and \_\_\_\_\_.
6. In \_\_\_\_\_ only car seats, the straps go at or \_\_\_\_\_ your child's shoulders.
7. An infant seat (rear-facing only) comes with a \_\_\_\_\_, which you install in your car, and the seat \_\_\_\_\_ in and out of it.
8. Convertible seats \_\_\_\_\_ from a rear-facing to a forward-facing seat with a harness. Check your car seat's label for the rear-facing and forward-facing height and weight information.
9. A combination seat transitions from a forward-facing seat with a harness to a \_\_\_\_\_ seat that uses your car's seat belts.
10. When the harness is \_\_\_\_\_, it becomes a booster seat. Always check the seat's label to confirm when you should convert to a booster seat.



### DVD Worksheet, Page 2

#### Installing Car Seats

You can either use your vehicle seat belts or lower anchors to secure your child's car seat. If you use the seat belts, make sure you lock the belt to ensure a snug installation. Check your vehicle's owner's manual for instructions. The car seat will either lock at the latch plate or at the retractor.

Vehicles manufactured since 2003 have it equipped with lower anchors in the crack of the vehicle's back seats. Snap the lower straps of your car seat to these anchors.

Do not use both seat belts and lower anchors at the same time. *Use only one or the other.*

#### The Easy Booster

Booster seats tend to be easier to use than car seats, so you might be tempted to put your baby into one before you should. Resist the urge to use the wrong seat. Your baby needs the best protection you can provide.



Make sure the straps are tight. As your baby grows, you will have to adjust them, but not too much.



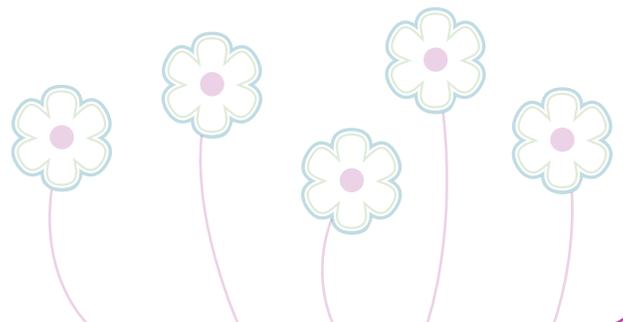
#### Booster Seats

When your child outgrows the harness system of the forward-facing car seat, he should transition to your car's seat belt system.

1. A booster seat correctly positions the seat belt to fit over the \_\_\_\_\_ parts of a child's body.
2. A highback booster seat is required if your vehicle does not have a built-in \_\_\_\_\_.
3. \_\_\_\_\_ booster seats have no head support, so they must be used in vehicles that have headrests.
4. No matter their height or weight, all children should ride in the back seat until they are at least \_\_\_\_\_ years old.
5. To install your car seat, start by carefully reading the \_\_\_\_\_ owner's manual, together with the car \_\_\_\_\_ instruction manual, to determine how to install it correctly.
6. In \_\_\_\_\_ car seats the shoulder straps need to be at or \_\_\_\_\_ your child's shoulders.
7. When using a booster you always have to have a \_\_\_\_\_ and \_\_\_\_\_ belt combination.

For a complete guide to car seat information, go to [www.safercar.gov/parents/index.htm](http://www.safercar.gov/parents/index.htm) and click on "Car Seats." There is even a link there to help you find local certified technicians who can help you to install your car seat or inspect it if you've already installed it yourself.

To check whether the car seat you are considering has been recalled, go online to [www-odi.nhtsa.dot.gov/recalls/childseat.cfm](http://www-odi.nhtsa.dot.gov/recalls/childseat.cfm).



### DVD Worksheet Key, Page 1

#### Handed-Down Car Seats

Be careful with used car seats.

1. Check the car seat's expiration date, usually found on the car seat's bottom. Don't use it if it is expired.
2. Know the car seat's complete history.
3. Never use a car seat that has been through an accident.
4. Check to make sure that all its parts are in good working condition.
5. Check for any recalls. Don't use it if it has been recalled.

#### Securing Your Child in Her Seat

A very common mistake is not cinching the harness tightly enough when strapping your child into her car seat. Straps too loosely cinched can cause injury to your baby and might not keep her in her seat in an accident. No matter how much your child might object or cry, *always* strap her in correctly according to the instructions that came with your car seat.



Most babies will go through a stage when they don't like their car seats. Don't worry; it will pass.

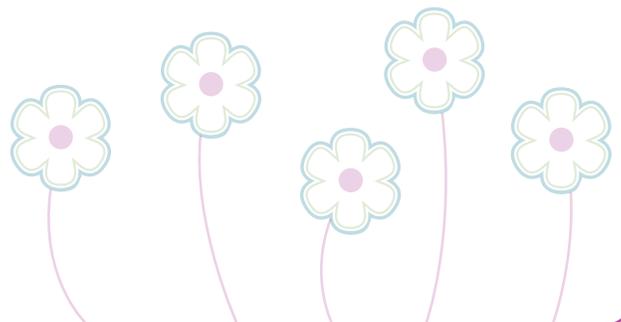


#### Car Seat Basics

- Buy a car seat that can be installed and used correctly every time.
- Make sure the car seat fits in your car.
- Used car seats should only be considered when you personally know the complete history of the seat.

#### Car Seat Safety

1. **Seatbelts** are the force that works against **inertia** to keep you in your seat. Spreading the destructive forces of an impact to **stronger** parts of your body.
2. Properly installed car seats reduce the risk of death by as much as **71%**.
3. Latch stands for **Lower Anchors** and **Tethers** for **Children**. Car seats installed with LATCH are **twice** as likely to be installed correctly than seats installed with seat belts.
4. The **NHTSA** recommends that your child under age **13** always ride in a rear facing seat and that they stay in a rear facing seat for as long as possible.
5. In a crash, a rear-facing car seat cradles and moves with the **vehicle**. Its shell also supports, cradles, and protects the child's fragile **neck** and **spine**.
6. In **rear facing** only car seats, the straps go at or **below** your child's shoulders.
7. An infant seat (rear-facing only) comes with a **base**, which you install in your car, and the seat **snaps** in and out of it.
8. Convertible seats **convert** from a rear-facing to a forward-facing seat with a harness. Check your car seat's label for the rear-facing and forward-facing height and weight information.
9. A combination seat transitions from a forward-facing seat with a harness to a **booster** seat that uses your car's seat belts.
10. When the harness is **removed**, it becomes a booster seat. Always check the seat's label to confirm when you should convert to a booster seat.



### DVD Worksheet Key, Page 2

#### Installing Car Seats

You can either use your vehicle seat belts or lower anchors to secure your child's car seat. If you use the seat belts, make sure you lock the belt to ensure a snug installation. Check your vehicle's owner's manual for instructions. The car seat will either lock at the latch plate or at the retractor.

Vehicles manufactured since 2003 have it equipped with lower anchors in the crack of the vehicle's back seats. Snap the lower straps of your car seat to these anchors.

Do not use both seat belts and lower anchors at the same time. *Use only one or the other.*

#### The Easy Booster

Booster seats tend to be easier to use than car seats, so you might be tempted to put your baby into one before you should. Resist the urge to use the wrong seat. Your baby needs the best protection you can provide.



Make sure the straps are tight. As your baby grows, you will have to adjust them, but not too much.



#### Booster Seats

When your child outgrows the harness system of the forward-facing car seat, he should transition to your car's seat belt system.

1. A booster seat correctly positions the seat belt to fit over the **strongest** parts of a child's body.
2. A highback booster seat is required if your vehicle does not have a built-in **head rest**.
3. **Backless** booster seats have no head support, so they must be used in vehicles that have headrests.
4. No matter their height or weight, all children should ride in the back seat until they are at least **13** years old.
5. To install your car seat, start by carefully reading the **vehicle's** owner's manual, together with the car **seat** instruction manual, to determine how to install it correctly.
6. In **front facing** car seats the shoulder straps need to be at or **above** your child's shoulders.
7. When using a booster you always have to have a **shoulder** and **lap** belt combination.

For a complete guide to car seat information, go to [www.safercar.gov/parents/index.htm](http://www.safercar.gov/parents/index.htm) and click on "Car Seats." There is even a link there to help you find local certified technicians who can help you to install your car seat or inspect it if you've already installed it yourself.

To check whether the car seat you are considering has been recalled, go online to [www-odi.nhtsa.dot.gov/recalls/childseat.cfm](http://www-odi.nhtsa.dot.gov/recalls/childseat.cfm).

