

Infant or Rear-facing Car Seats

Make sure you:

- Place your baby with their hips and back against the back of the seat.
- Position the shoulder straps so they are at or below shoulder level.
- Tighten the shoulder straps so they are snug with no slack. You shouldn't be able to pinch excess harness webbing together. This is called [The Pinch Test](#).
- Place the harness clip so it is in the middle of your child's chest, at armpit level.

And do not:

- Use the padding that comes on the straps, this is a suffocation hazard
- Have thick layers of clothing under the harness
- Place any padding or cushions behind your child unless it comes with the car seat.
- Place blankets beneath or wrap blankets around your baby. You may place a blanket over your baby once the harnesses are fastened.

Dressing your child in a heavy jacket/snowsuit, adding additional padding behind their back, or wrapping a blanket around them increases the space between your child's back and the car seat and gives a false indication that the harness is tightened sufficiently, when in reality, it is not.



THE CAR SEAT LADY Please, please, please take the time to visit the site called The Car Seat Lady and take the time to learn about newborns and back facing car seats. There is an excellent video available there explaining all about putting a baby in a car seat properly. Video can be found at <https://thecarseatlady.com/rear-facing-only-car-seats-blog/>

Many parents unwittingly buckle babies into car seats incorrectly, or use various accessories that are “made to use with car seats” (with the incorrect assumption that if they are made for that purpose they must be safe).

Other thoughts on car seats

Never place a car seat on any surface other than the back seat of a car (safely buckled or clicked into base), the back portion of a shopping cart, or the floor.

Do NOT

- Place in the front “toddler seating” area of a shopping cart (It may seem to fit, or even sort of click into place, but it makes the shopping cart unstable and has been proven to be dangerous)
- Place car seat on a chair, a counter, or other surfaces off the floor without your direct supervision. Many babies have been injured by baby seats falling off various surfaces.
- Place car seat in the front seat of a vehicle, most of which have frontal air bags.