

Is your child in a booster seat?



Booster seats are **required by law** for children under the age of eight who weigh between 18-56 kg (40-80 lbs) and who are under 145 cm (4'9") tall. Adult seat belts are not designed to fit a child. The lap belt can ride up on a child's stomach and this can cause serious injuries in a crash.

A booster seat raises the child so the seat belt fits properly across the shoulder, chest and hip bones.

Your child is ready for an adult seat belt if you answer "yes" to the questions below.

With your child sitting up straight, measure him/her from the tailbone to the top of the head:

- Is your child's sitting height at least 74 cm (29 inches)?
- Do your child's knees bend comfortably over the edge of the car seat?
- Does the shoulder belt go over the shoulder and across the middle of the chest?
- Does the lap belt fit low over the hip bones and under the abdomen?

Always read the manuals for your booster seat and your vehicle to ensure you use your booster seat correctly. **Boost your child up and keep them safe!**

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

