

# PUBLIC HEALTH CAR SEAT PROGRAMS...

## Car Seat Distribution Program If you can't afford a car seat...

Parents/Guardians that live in Washington County\* may be able to get a car seat and a lesson putting the seat in right, if they do not already have a car seat and take part in any of these programs:

- «WIC
- «Medicaid
- «Food Stamps
- «Social Security
- «Public Assistance
- «Head Start
- «Community Maternity Services

Call 746-2400 and ask to talk to someone about the Car Seat Program. If you meet the guidelines, an appointment will be set up.

We have seats for every stage your child will need.



\*Not from Washington County? Check the back page for how to find someone in your area.

## Car Seat Fitting Station: Have a car seat but need help...

Washington County Public Health can check the car seat you have, to see if it is safe to use and show you how to use it right.

This program is for *anyone* living in Washington County\*, regardless of income.

Appointments are needed, so call ahead!

96% of Parents THINK they are using their car seat right...however, 72-84% of car seats are used *WRONG*...

Find out if yours one of them!



Common misuse include: using the wrong car seat for the child's age, weight, height; car seat put in loose or wrong; harness too loose; chest clip too low and more!

## Is your child's harness right?!

A car seat is a SAFETY device and must be used right to work properly!

Having a harness that is too loose or has the chest clip in the wrong place are two common car seat misuses.

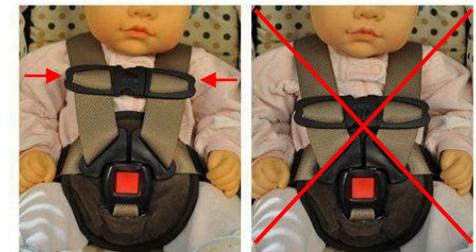
Here are two easy corrections you can make today...

Harness should be so tight you can't pinch any of the strap on the shoulder.



These straps will *STRETCH* out in a crash, so you don't want them loose to start with!

Harness Retainer Clip (Chest Clip) should be at the child's **armpit** level



The chest clip is there to keep the harness on the child's shoulders. If there is a crash, the clip will slide lower. If it's too low to start with, the child could be thrown from the car seat!

## **AAP Recommendations** **(American Academy of Pediatrics)**

### **Best practice recommendation #1**

Infants and toddlers should ride in a rear-facing car safety seat **as long as possible, until they reach the highest weight or height allowed by their car seat.** Most convertible seats have limits that will allow children to ride rear-facing for 2 years or more.

### **Best practice recommendation #2**

Once they are facing forward, children should use a forward-facing car safety seat with a harness for **as long as possible, until they reach the height or weight limits for their seats.** Many seats can be used with children up to 65 pounds or more.

### **Best practice recommendation #3**

When children exceed the height and weight limits on their forward facing seats, they should use a belt-positioning booster seat until the vehicle's lap and shoulder seat belt fits properly. This is often when they have reached at least 4'9" in height and are 8 to 12 years old.

### **Best practice recommendation #4**

When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for best protection.

### **Best practice recommendation #5**

All children younger than **13** years of age should be restrained in the **rear seats of vehicles** for best protection.

## **New York State Law**

Children under the age of 4 need to be restrained in a federally approved car seat when riding in a motor vehicle.

### **Effective November 1, 2019 - Children under 2 must be in a rear-facing car seat.**

All children under the age of 2 must use a rear-facing car seat until they are 2 years old or reach the highest weight or height limit allowed by the manufacturer of the car seat. For babies that outgrow their infant-only car seat, a convertible or 3-in-1 car seat should be used in the rear-facing position until they outgrow the maximum height or weight for the rear-facing position.

Children ages 4, 5, 6 and 7 must be properly secured in a car seat, booster or harness/vest until their 8th birthday\*, one that your child meets the weight and height recommendations of the child restraint manufacturer.

\*If the child is 8 years old and is under 4'9" tall or weighs less than 100 pounds, it is *recommended* that you keep using a child restraint system.

### **Not from Washington County? Check Here:** **Warren County-**

AAA Northway 518-761-6058 Checks by appointment  
Warren Co Sheriff's 518-743-2500 Checks by appointment

### **Saratoga County-**

Cornell Cooperative Ext of Saratoga County  
518-885-8995 x228

**Other Locations:** Visit <http://cert.safekids.org> and click on the "Find a Tech" link. There, you can find someone by State, County or Postal Code.



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**WASHINGTON COUNTY  
PUBLIC HEALTH**

# **Car Seat Programs**



**Can't afford a car seat?**

**Already have a car seat,  
but not sure if it's in right?**

**We can help!**

**Washington County Public Health**  
415 Lower Main Street  
Hudson Falls, NY 12839

Phone: 746-2400

Program funded through a grant from



**Governor's Traffic  
Safety Committee**