



### Travel hints for longer trips

Children can get bored or tired after spending a long time in the vehicle. If you are planning a longer road trip with young children:

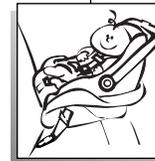
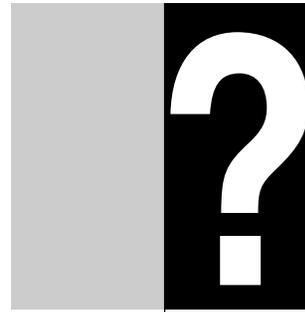
- Plan to stop the vehicle for breaks along the way. You'll have to make bathroom stops and diaper changes anyway. If the weather allows, get the kids out and enjoy some fresh air, snacks, and activities. Pack some toys, balls, or games to play with at your rest stop.
- Think about using entertainment for inside the vehicle. Music, books on tape, travel-sized games, movies, electronics, and other ideas can be great for keeping kids of all ages happy while on the road.
- Think up travel games like "I Spy" or identifying and counting games (types of vehicles, license plates, road signs, or flags) that can be fun on long trips.
- Keep snacks like crackers, cereal, cheese, and fruit (fresh or dried) in the vehicle in easy-to-use containers. For drinks, bring some water and unsweetened fruit or vegetable juices.
- Remember to secure everything when packing so things won't fly around and hit people in case of a sudden stop or crash.

**Read your child safety seat or booster seat instruction book and your vehicle owner's manual to make sure you are using the seat properly. Make every ride a safe ride for everyone.**

For questions about child safety seats or booster seats, call Alberta Transportation at **780-427-8901 (toll-free in Alberta 310-0000)** or Health Link Alberta:

In Calgary area at **403-943-LINK (5465)**  
In Edmonton area at **780-408-LINK (5465)**  
Toll-free in Alberta **1-866-408-LINK (5465)**

For more information, visit [www.albertaseatbelts.ca](http://www.albertaseatbelts.ca)



## keeping your child content in a child safety seat



When used correctly, child safety seats and booster seats save lives and reduce injuries. Children can get hurt if their child safety seats or booster seats are not used properly. **Here are some tips on how to keep your child safe and happy as you travel.**



What's holding  
  
you back?

# keeping your child content in a child safety seat

## Use a child safety seat from the start

Children who ride in child safety seats for every ride from the time they are born are more likely to stay in their seats when they are toddlers and pre-schoolers. Start the “buckle-up” habit early so children learn that safety seats are an important part of any ride in a vehicle.

## Be consistent

Buckle your child into the safety seat correctly for every ride, no matter how short the trip.

## Set an example

Buckle your seat belt every time you get into the vehicle. Parents are great role models. Children learn as much from what you do as from what you say.

## Bring fun things for your child to do in the car

Have soft toys, activities, books, or music in the vehicle to keep your child busy. Change the toys often to keep your child's interest. Store them safely so they won't fly around and hit someone in case of a sudden stop or crash. You may have a few toys that your child plays with only in the car. This can make a car ride something your child looks forward to.

## Make sure your child is comfortable

Dress your child so she will be snug and warm in the child safety seat. Use as few layers as possible between your child's body and the shoulder straps. Try riding in the back seat yourself. Is it too hot or too cold? You may want to use a sun shade for when the sun shines in the back or side windows. Some children are happier when their shoes and socks are off.



## Encourage your child to look out the window

Child safety seats and booster seats lift children up so they can see out the window. Children like it when they can see what's going on. For infants, tape bright images in the vehicle to catch their eye. For older children, make it a game by playing “I Spy”.

## “When will we get there?”

Exact answers such as “After lunch”, “When it gets dark”, or “When this tape (song, story) is over”, mean more to a child than “soon”.

## Be firm with your child

All children will try to get out of their safety seats at one time or another. If this happens when you are driving, pull off the road to a safe spot and stop the vehicle. Tell your child that he needs to stay in the safety seat, then buckle him back in. The important thing is to stay calm, be kind, but stay firm. Your child will learn that the vehicle won't move unless everyone is buckled up.

When toddlers are learning to be more independent, they may try to get out of their child safety seats, just because they can. They are not trying to be bad, they are just trying out their new power to make things happen. Use the same strategy as above. You may have to repeat it several times.

## Hint for parents

Keep a small book in the glove box for you to read while you are waiting in your safe spot off the road for your child to lose interest in struggling. It will help you stay calm as you out-wait your child and keep you from getting into a power struggle with her.

