

Keeping Your Child Content in a Booster Seat



Booster seats are the safest choice for children who weigh more than 18 kg (40 lbs.). Use a booster seat until your child is at least 80 lbs. (36 kg) or 9 years of age or 4'9" (145 cm) tall.

Some children might be resistant to booster seat use. This may be because they are not used to booster seats, they think they are too old for them, or their friends may not be using them.

Below are some tips to help keep your child content - and safe - in a booster seat.

Tips to help keep your child content in a booster seat:

Move your child into a booster seat immediately after the toddler seat. Once your child reaches at least 40 lb (18 kg) and has outgrown his/her toddler seat, have a booster seat ready to use.

Let your child help pick out the booster seat. Booster seats come in many different styles and colors - ask your child which one he or she likes the best. Also, let your child try sitting in different seats to find the most comfortable one. Many booster seats also have features like cup holders that will appeal to a growing child.

Explain why booster seats are important with your child. Discuss with your child that a booster seat is needed to keep him or her safe in the car, just like a helmet is needed to stay safe when bike riding or playing hockey. Point out that a booster seat allows the child to be able to see out the window, and the seat belt is more comfortable with the booster seat.

Refer to booster seats as "big kid seats". Discuss with your child that booster seats are only for big kids - babies or adults cannot use booster seats. They are special seats for big kids.

Be consistent. Don't drive away until your child is buckled in the booster seat, no matter how short the trip. Make a rule that the car only moves when everyone is safely buckled in and then quietly wait until it is done. Also, make sure the booster seat is used no matter who is driving - grandparents, child care, etc.

Set a milestone. You may choose to set a milestone that will mark the time your child will be big enough to ride safely in a seat belt alone. Once your child reaches this milestone (80 pounds OR 4'9" tall OR 9 years of age), they will not need to use the booster set anymore. It may help to mark the milestone on a calendar or a chart to help your child see how much longer it will take. Visit www.boosterseats.ca for ideas.

Set an example.

Buckle your seat belt up for every trip. Point out to your child that you need to buckle up too.