Getting ready
To fit my baby’s small size, I make sure:

- The car seat is made only for rear-facing use.
- The lowest shoulder slot is less than 25 cm (10 inches) from the bottom of the seat.
- The slot for the crotch strap is less than 14 cm (5.5 inches) from the back of the seat.

Buckling my small baby in the car seat

- If my baby needs help staying in the centre of the car seat, I place a small, rolled up receiving blanket or towel on either side of their body.
- If my baby slides down in the seat, I call the car seat manufacturer to find out if I can place a small, rolled up receiving blanket or towel between my baby’s legs and the crotch strap.

Being safe
I make sure:

- My baby uses the car seat for travel only.
- When we reach where we’re going, I take my baby out of the car seat.
- My baby lays flat in the stroller and other baby equipment.

Remember

- Use the Rear-facing Car Seat YES Test to help you properly install the car seat in your vehicle and buckle your child up correctly every time.

For more information:
- go to www.healthyparentshealthychildren.ca (search for car seats)
- go to www.myhealth.alberta.ca (search for car seats)
- call Health Link at 811