



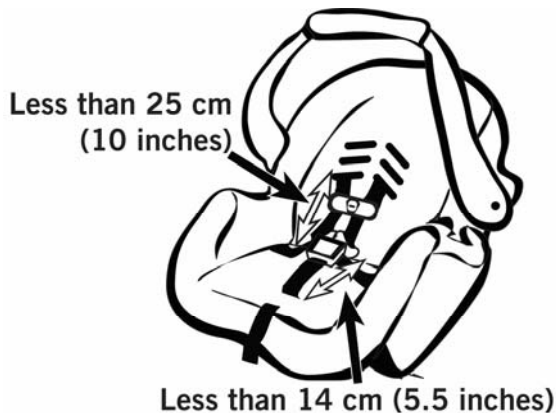
Preterm or Low Birth Weight Babies and Rear-facing Car Seats

Make every ride a safe ride for your baby. Take extra care to choose a car seat that's right for a preterm or low birth weight baby. Use it for every ride. Add the check points below when you use the **Rear-facing Car Seat YES Test** for your preterm or low birth weight baby's car seat.

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.



Less than 14 cm (5.5 inches)

Not sure if your baby is preterm or low birth weight? Talk to your healthcare provider.

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

Buckling my small baby in the car seat

- If my baby slides down in the seat, I place a small, rolled up receiving blanket or towel between their legs and the crotch strap.
- 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.

Before going home from the hospital, a smaller baby may be tested to see if they have trouble breathing while in the car seat. You may be asked to bring your car seat to the hospital for this test.

Being safe

Until at least 1 month after my baby's due date, 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.
- On longer trips, I stop the vehicle every 1 to 1 1/2 hours and take my baby out of the car seat.
- I make sure my baby lays flat in the stroller and other baby equipment.