

When in doubt, call JRMC Family BirthPlace.

## **CHILD RESTRAINT TECHNOLOGY UPDATES**

In 2018, the American Academy of Pediatrics (AAP) revised their recommendations in order to stay current with child restraints on the market. The North Dakota Department of Health recommends that caregivers follow the most recent updates from the AAP when transporting children in vehicles.

## **CURRENT RECOMMENDATIONS**

- Infants and toddlers should ride in a rear-facing car seat for as long as possible, until they reach the highest size limits allowed by the manufacturer.
- Children who have outgrown the rear-facing size limits for their car seat should use a forward-facing car seat with a harness for as long as possible, up to the highest size limits allowed by the manufacturer.
- Children whose size limits are above the forward-facing limit for the car seat should use a belt-positioning booster seat until the vehicle lap and shoulder seat belt fits properly. Typically this is when a child reaches 4' 9" in height and are between eight and 12 years of age.
- 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 optimal protection. The lap belt must lie snug across the upper thighs and the shoulder belt should lie snug across the center of the chest.
- All children younger than 13 years of age should be restrained in the rear seat of a vehicle for optimal protection.

In addition to choosing the right child restraint, parents and caregivers should carefully read both vehicle owner's manuals and car seat instruction booklets to ensure correct use and reduce misuse.

For additional information and education on child passenger safety, visit [www.ndhealth.gov/injuryprevention/childpassenger](http://www.ndhealth.gov/injuryprevention/childpassenger) or contact JRMC Family BirthPlace direct at (701) 952-4807.