



SAFE RIDING IN A CAR

Most children spend a lot of time in a car, whether they are on their way to school or after school events. Teach your children to be safe when they are passengers in a car and help them understand the following important rules:

For Children:

- Always wear your seat belt - both lap and shoulder belts - and buckle up as soon as you get into the car.
- Never share a seat belt.
- Don't yell or jump around. It can distract the driver.

For Parents:

- Children 12 years old and younger should always ride in the back seat. They should never sit in the front seat of a car that has air bags.
- Infants should be placed in a rear-facing car seat to at least age one or 20 lbs.
- Toddlers should be placed in a forward-facing car seat until the harness no longer fits.
- Use a booster seat with the lap and shoulder seat belts until your child reaches the weight and height harness strap limits of their car seat.