

Child Passenger Safety Recommendations for Babies and Toddlers

Information from your health care provider and the North Dakota Department of Health

**Keep your
toddler in a
rear-facing car
seat until at
least 2 years
of age**



Research indicates that toddlers are more than five times safer riding in a rear-facing car seat until at least age 2. In a crash, they have better protection of their fragile head, neck and spine if rear-facing. The following are safety tips for car seat use:

- All infants should ride rear-facing in either a rear-facing only car seat or convertible car seat.
- If a rear-facing only car seat is used, the infant should be switched to a rear-facing convertible car seat once the maximum height (when the infant's head is within one inch of the top of the seat) or weight (usually 22-35 pounds) have been reached as suggested by the car seat manufacturer.
- Toddlers should remain rear-facing in a convertible car seat until they have reached the maximum height or weight recommended by the car seat manufacturer (usually 30-40 pounds) or are at least 2 years old.

To see if your car seat is installed properly and to find a certified child passenger safety technician in your area, call the North Dakota Department of Health at 800.472.2286 or visit www.ndhealth.gov/injury or www.safercar.gov.