

**More than 90% of car seats are not  
used correctly in Maine.  
There's help!**

**Visit a FREE car seat inspection station to learn how to install your car  
seat by a Child Passenger Safety Technician (CPST).  
Your baby's safety could depend on it.**



[www.mainecheck.org](http://www.mainecheck.org)  
(207)899-9461

### **Important things to know before using your car seat**

- What position does the carry handle need to be in when driving?
- How do I make the harness tighter and looser?
- How do I adjust the harness or crotch buckle to a different position?
- Where should the chest clip be?
- What are the height and weight limits of my car seat?
- When do I stop using the infant head supports (if any)?

### **A car seat inspection station will help you:**

- Find the answers to all of the above questions
- Find the angle indicator and learn how to adjust the angle for your seat.
- Decide whether to use the seat belt or LATCH belt to secure the car seat in your vehicle.
- Show you how to best adjust and tighten the seat belt or LATCH belt so the seat does not move more than 1 inch side to side, or front to back at the belt path.



**Need help getting a car seat?  
Call (207)626-3840**

## Fitting Your Baby to a Rear Facing Car Seat

The Barbara Bush  
Children's Hospital

At Maine Medical Center



Harness slots even with or below shoulders

Chest clip at armpit level

Harness snug, cannot pinch any webbing

Side rolls for support after securing the baby

Crotch roll *if* there is space, to prevent slouching

## Keeping Baby Safe During Travel

- Every car seat is different; every seat will not fit every baby. If you are unable fit your baby in the seat as well as in the picture above, your baby may not be safe in a crash.
- Every car seat has specific rules for use, cleaning, and installing. Always **follow your car seat manufacturer's instructions**, or your baby may be at risk for injury or death.
- Put your baby in the **back seat, facing the rear** of the car.
- Never put the car seat in front of an active airbag.
- Do not add anything to the car seat **that did not come with it**, such as support inserts or padding. They are not crash tested with the car seat and may change the way the seat performs in a crash. (Car seat manufacturers do allow the use of rolled up blankets placed along the sides of your baby for support and a crotch roll if needed, to fill the gap.)
- You must **follow the "recline angle guide" on the car seat** for your baby to ride safely. Sitting your baby too upright or too reclined is not safe. Please read the car seat instruction manual to find the "recline angle guide".

## Keeping your baby warm in the car seat:

Secure the baby in the seat as pictured above. Use a hat and tuck a blanket over Baby. Do not cover Baby's face. **Do not use a snowsuit or "Bundle Me"**. Using these products doesn't allow the straps to get tight enough. Loose straps will not hold your baby in the seat if you suddenly stop or get into a crash.