

# Is Your Child Safe in the Car?



**73% of car seats are misused or improperly installed.\* Is yours one of them?**

Schedule an appointment with one of our certified technicians and learn how to properly secure your child in his or her car seat and install the car seat correctly in the vehicle.

To make an appointment at either Bridgeport Hospital, Greenwich Hospital, Lawrence + Memorial Hospital or Yale New Haven Hospital, call 203-200-KIDS or email [Carseats@ynhh.org](mailto:Carseats@ynhh.org).



# Understanding the Connecticut Car Seat Law

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## Rear Facing Car Seat

- Children under 2 years old must remain in a rear facing car seat with a 5-point harness.
- Children under 30 lbs. must remain in a rear facing car seat with a 5-point harness.



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## Forward Facing Car Seat

- Children must be at least 2 years old.
- Children must be at least 30 lbs.
- Children who meet both of these requirements must be secured by a 5-point harness and ride in either a forward or rear facing car seat.



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## Booster Seat

- Children must be at least 5 years old.
- Children must be at least 40 lbs.
- Children must remain in a car seat secured by a 5-point harness or a booster seat using both the lap and shoulder belt until they are at least 8 years old **AND** 60 lbs.



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## Seatbelt

- Children must be at least 8 years old **AND** 60 lbs. before transitioning out of a car seat or booster seat.
- The vehicle lap and shoulder belt **MUST** always be used.
- "Best Practice" is to use a booster seat beyond the minimum legal requirements.



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## Additional Information

- Always read the car seat and vehicle manuals when installing and using a car seat or booster seat.
- Violators of this law may be issued fines and must participate in a Department of Motor Vehicles mandatory class on child passenger safety or face license suspension.
- If you have questions or would like to schedule a car seat inspection, please call Yale New Haven Children's Hospital Injury Prevention Program at 203-200-KIDS, or email [carseats@ynhh.org](mailto:carseats@ynhh.org).
- Information contained in this handout comes from Connecticut statute 14-100 (d), effective October 1, 2017.

## Seat Belt Safety in Pregnancy



### Tips for proper seat belt use:

- Place the shoulder belt across your chest (between your breasts) and away from your neck.
- Secure the belt below your belly so that it fits snugly across your hips and pelvic bone.
- Never place the shoulder belt behind your back or under your arm.
- Sit as far away from the steering wheel as possible, maintaining at least 10 inches between the center of your chest and the steering wheel.
- As your belly grows, adjust your seat to maintain the 10 inch minimum.
- When possible in late pregnancy, have someone else drive.

### Always wear your seat belt!

- In a crash, a seat belt is the best protection for you and your baby.
- Airbags are designed to work with seat belts to provide the best protection for you and your baby. DO NOT turn off the airbags in your vehicle.
- Follow the seat belt safety tips! Seat belts worn too loosely or too high on the belly can cause broken ribs or injuries to your belly and baby.

### Want to learn more?

American College of Obstetricians & Gynecologists: [tinyurl.com/gp7wqej](http://tinyurl.com/gp7wqej)

National Highway Traffic Safety Administration: [safercar.gov/parents/seatbelts/pregnancy-seat-belt-safety.htm](http://safercar.gov/parents/seatbelts/pregnancy-seat-belt-safety.htm)

YNHCH Injury Prevention Department:  
203-200-KIDS



# Center for Injury and Violence Prevention

## How to Identify Non-Compliant or Counterfeit Car Seats

Counterfeit car seats sold online are a growing safety issue and can put children and babies in harm's way. Below are tips on how to identify the imposters to keep families safe.

### Safe car seats

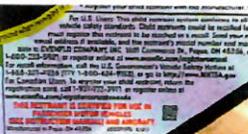
In the U.S., rear and forward facing car seats include:



- A 5-point harness with straps that go over the hips and shoulders, and chest clip



- A metal splitter plate in the rear



- Labeling with specific weight and height limits



- Manufacturer label with name, model number, date of manufacture and expiration dates



- Registration card and manual

### Spotting counterfeit car seats

When shopping online, avoid third party vendors. If you are not sure, look at the bottom of the listing. You should only purchase safety items such as car seats or strollers from a reputable company. You can also look for these red flags:

- Missing labels
- Missing registration card and manual
- Labels with poor grammar
- Seats without a harness retainer clip (chest clip)

European Standards differ from U.S. Federal Safety Standards and are NOT APPROVED for use in the United States.

Below are tips on how to identify a European car seat:



- European-style harness system (no chest clip)



- Some have instructional labels or QR codes



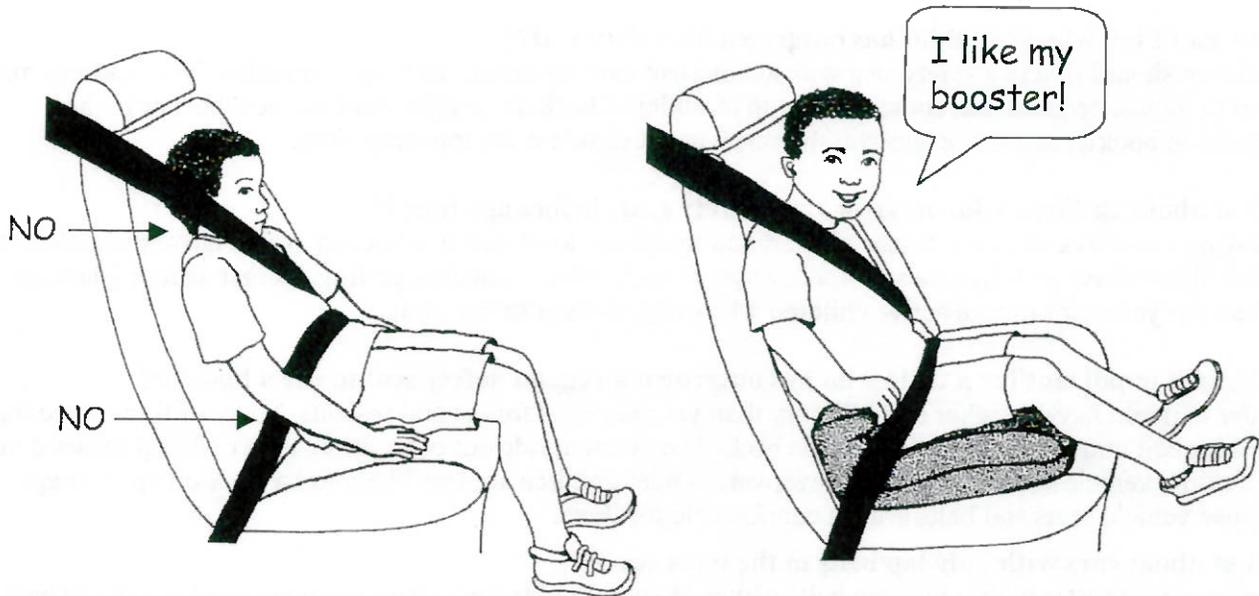
- Recognize a European label that shows European standards. Economic Commissions for Europe = ECE

If you think you have purchased a counterfeit, stop using it immediately. You can contact the YNH car seat hotline at 203-200-KIDS (5437) or email [carseats@ynhh.org](mailto:carseats@ynhh.org) to connect with a certified car seat technician for guidance.

# Boosters Are for Big Kids

Most kids need to ride in a booster seat from about age 6 until age 10-12.

If your child isn't using a booster, try the simple test below the next time you ride together in the car. You may find that your child is not yet ready to use a safety belt without a booster.



## The 5-Step Test

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?

If you answered "no" to any of these questions, your child needs a booster seat to make both the shoulder belt and the lap belt fit right for the best crash protection. Your child will be more comfortable, too!

For best protection, all children should ride in the back seat until they are ready to drive. It's twice as safe as the front seat.

**SafetyBeltSafe** U.S.A. P.O. Box 553, Altadena, CA 91003 [www.carseat.org](http://www.carseat.org)  
310/318-5111 800/745-SAFE (English) 800/747-SANO (Spanish)

# The Dangers of Winter Coats and Car Seats

## How to keep your child warm and safe

By Emily A. Thomas, Ph.D.  
Last updated: October 19, 2018

Winter brings cold weather and potentially slick roads, but families still need to travel every day. We bundle up our children to help them brave the elements, but a bulky coat and a car seat can be a dangerous combination.

There are ways to safely transport children in child car seats while still keeping them warm. Here are some tips for parents to follow from the experts at CR's Auto Test Center.

### Puffy Coat Check

As a general rule, winter coats should not be worn underneath a car seat harness because that can leave the harness too loose to be effective in a crash. Here's a simple way to check whether your child's coat is too big to wear underneath a harness:



**Step 1:** Securely harness your child with the coat on.  
removed.



**Step 2:** Check for slack in the harness with your child's coat removed.

**Step 1:** Put the coat on your child, sit him or her in the car seat and fasten the harness. Tighten the harness until you can no longer pinch any of the webbing with your thumb and forefinger.

**Step 2:** Without loosening the harness at all, unhook it and remove your child from the car seat. Take the coat off, put your child back in the car seat, and buckle the harness straps, which should be adjusted just as they were when the child was wearing the coat.

If you can pinch the webbing between your thumb and forefinger now, then the coat is too bulky to be worn under the harness.

### How to Bundle Up Safely

If you find that the coat can't be safely worn under the harness, here are a couple things you can do:

- For smaller children, put a blanket over them to keep them warm.



# K.I.D.S.

Yale  
NewHaven  
Health  
Yale New Haven  
Children's Hospital

## Kids Identification Data System

K.I.D.S. is a child identification program that provides emergency information of a child passenger, giving emergency personnel vital information in the event the driver of the vehicle is unable to communicate. It includes two components: 1) the Guide to Implementing the K.I.D.S. Program, and 2) the K.I.D.S. kit. Each kit includes:

- An Identification Card (ID) - containing space for important information about the child in the vehicle, such as the child's name, date of birth, critical medical information, current medication list, and whom to contact in an emergency.
- Plastic Identification Card Holder - a plastic bi-fold orange sleeve which can hold vehicle registration, a picture of the child and medical insurance information.
- K.I.D.S. Static Cling Stickers - two bright orange stickers featuring the K.I.D.S. logo, to be attached to the lower corner of the vehicle's rear side windows or back window.

## ALERT! K.I.D.S.

*Between 2001-2015, there were 43 fatalities and 17,322 injuries from automobile accidents involving children under the age of 7 years in the state of Connecticut. In the event of a crash, if the parent or caregiver is unable to communicate or becomes seriously injured, this program helps first responders and emergency department providers identify child passengers. Stickers placed in the back window ensure rapid identification of information of the children in the vehicle. The parent or caregiver is encouraged to fill out the information on the identification card and place it in the glove compartment.*



**Alert! K.I.D.S.**  
K.I.D.S. Identification Data System

Yale New Haven Children's Hospital

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 123 Main Street, Middletown, CT \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Cell: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Child's Name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_  
 Sex: \_\_\_\_\_  
 Child's Medical History: \_\_\_\_\_  
 Child's Special Needs: \_\_\_\_\_

If a crash should occur, and the parent or caregiver is incapacitated or badly injured, these stickers should remain affixed either in the car and in a visible area of the front of emergency. The parent or caregiver is encouraged to fill out the information on this ID card and place it in the glove compartment. The car would remain stationary should be allowed, and each owner of the vehicle is encouraged to have emergency personnel from the stickers are part of the program.

For more information, call our team at (203) 200-KIDS