



MID-JERSEY PEDIATRICS

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CAR SEAT SAFETY

Age Type of Seat General Guidelines

Infant-only and rear-facing convertible

All infants should always ride rear-facing car seat until they are 1 year of age and weigh at least 20 pounds.

Convertible, combination, and forward-facing

Children 1 year of age and at least 20 pounds can ride forward-facing. It is best to ride rear-facing as long as possible.

Booster seats

Booster seats are for older children who have outgrown their forward-facing car safety seats. Children should stay in a booster seat until the adult seat belts fit correctly (usually when a child reaches about 4' 9" in height and is between 8 and 12 years of age).

Seat belts

Children who have outgrown their booster seats should ride in a lap and shoulder belt; they should ride in the back seat until 13 years of age and 100 pounds.

**Adapted from the American Academy of Pediatrics" [Car Seat Safety: A Guide for Families 2008.](#)

Link to <http://www.aap.org/FAMILY/carseatguide.htm>