



REAR-FACING CAR SEATS

Use a rear-facing car seat from the time your baby is born. When your baby outgrows the rear-facing infant seat, use a larger car seat to keep your child rear-facing.

Keep your child rear-facing until they are at least 2 years old **OR** they are over the weight or height limit of a larger rear-facing car seat.

FORWARD-FACING CAR SEATS

Use a forward-facing car seat for your child when they are at least 2 years old **OR** they are over the weight or height limit of the larger rear-facing car seat. Use a forward-facing car seat until your child outgrows the weight or height limit of that car seat.

BOOSTER SEATS

Your child should ride in a booster seat once they outgrow the weight or height limit of their forward-facing car seat. A booster seat lifts a child up so the adult seat belt fits their smaller body.

Use a booster seat until your child is 145 cm (4 foot 9 inches) tall **OR** they are over the weight or height limit of the booster seat.

Children under the age of 13 are safest in the back seat. Always read your car manual and car seat instructions.

Learn More

Visit www.ahs.ca/injuryprevention

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