How to keep your child safe in the car

A booster seat lifts your child up so that the seat belt fits across the strongest bones and away from the soft belly. To use a booster seat, your child must weigh at least 18 kg (40 pounds) and be able to sit correctly.

How to use your child’s booster seat

- Make sure your child has support behind the head to the tops of the ears.
- Tuck the lap belt and the shoulder belt under the arm rests for most booster seats.
- Place the booster seat in the back seat of the vehicle.
- Make sure the shoulder belt crosses the chest and stays between your child’s neck and shoulder.
- The lap belt should fit low and snug across your child’s hips.
- An adult should check every time a child buckles their own booster seat.

Read your vehicle manual and follow the instructions for your seat.

parachute.ca/carseats  childsaftylink.ca
How to keep your child safe in the car

Helpful tips for using your booster seat

• Before moving to a booster seat, your child must be able to sit straight and tall for the whole ride without moving around or unbuckling.
• If the vehicle does not have head support to the tops of the child’s ears, use a high-back booster seat.
• If the shoulder belt does not rest between the child’s neck and shoulder, use a booster seat that has a shoulder belt guide.
• Make sure your seat is safe to use. You can find a checklist, videos and other resources on our websites.

Is your child ready to stop using a booster seat?

• Is your child at least 145 cm (4 feet 9 inches) tall?
• When your child is sitting all the way back, do their knees bend comfortably over the edge of the seat?
• Does the lap belt stay low across the hips?
• Does the shoulder belt cross the chest and stay between the neck and shoulder?
• Can your child sit like this for the whole trip without slouching?
• Until your child can meet these 5 steps, keep using a booster seat on every ride.