A forward-facing seat uses a 5-point harness to spread the force of a sudden stop or crash over the strongest parts of your child’s body. This seat protects a child who has outgrown their larger, rear-facing seat.

**How to use your child’s forward-facing seat**

- Attach the top tether.
- Attach the seat using the lower anchors (UAS) or the seat belt and tighten.
- If you use the seat belt, it must be locked.
- The seat should move less than 1 inch (2.5 cm) where it is attached to the car.
- Place the car seat in the back seat of the vehicle.
- Make sure the harness straps are in the slot level with or above your child’s shoulders.
- Tighten the harness straps. You should not be able to pinch the harness at the shoulder.
- The harness should be flat with no twists.
- Place the chest clip at your child’s armpit level.

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

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

### Forward-facing seat

#### Helpful tips for using your forward-facing seat

- If you are using a seat that can be used in different ways, read the instructions to find out how to set it up for forward facing.
- Always use the top tether. Check your vehicle manual to find out where the tether anchors are.
- It is safest to wait until your child is at least 2 years old before using a forward-facing seat. Some seats cannot be used before 2 years old. Check your instructions.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our websites.

### When is your child ready for the next seat?

- Check the labels on your seat to find out when your child will reach the seat’s height or weight limits.
- Keep your child in a 5-point harness until they weigh at least 18 kg (40 pounds).
- Before moving to a booster seat, your child must be able to sit straight and tall without moving around or unbuckling.
- If your child outgrows the 5-point harness before they are ready for a booster seat, you will need a forward-facing seat that will hold a taller, heavier child.
- Some 5-point harness seats will safely hold a child who is 5, 6 or even 7 years old.