



Advanced  
Pediatric  
Associates<sub>LLP</sub>

## Car Seats and Car Safety

Motor vehicle accidents are the leading cause of death for children under the age of fourteen. Of the hundreds of thousands injured, many remain permanently disabled. Accidents are all too often caused by the carelessness of others. Ordinarily a parent's arms are a very secure place for a child; this is not so in a car. Even if you are wearing a lap and shoulder belt yourself, your child could be wrenched from your grasp by the violent forces of a collision.

Beginning with the very first car ride -- the ride home from the hospital -- your baby should be secured in a crash tested safety seat. Research on the effectiveness of child safety seats has found them to reduce fatal injuries by 71% for infants and 54% for toddlers. If you do not already own a child safety seat, you can learn more about approved safety seats by picking up a child safety seat brochure in our office or visiting the [Child Seat "Ease of Use" Ratings](http://www.nhtsa.dot.gov) page at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) (under "Quick Clicks"). Babies must ride in the car-seat facing backwards until they are 12 months old and weigh at least 20 pounds.