



ESTES PARK
HEALTH

Car Safety Tips

One of the leading causes of death of children under 13 is car crashes.*

A car seat is the one baby item you will buy that could save your child's life!



**Correctly used
child safety seats
can reduce the
risk of death
by as much as
71 percent.**

When babies are born, parents may feel that they are barraged with a host of dangers to worry about; from unsafe cribs and electrical outlets to drowning and childhood illnesses. As they get older, cleaning products, burns, and climbing hazards continue to cause concern for parents.

Make sure your car seat meets National Highway Traffic Safety Administration and American Association of Pediatrics standards.

Translation? Generally, both organizations recommend extended rear-facing seating with five-point harness protection for as long as possible for baby — at least until two years but ideally beyond. This is important to note, because car seats that are designed for the European and Asian markets are subject to a different type of testing than seats sold in the United States market. European standards require that seats allow a parent to release the harness in a single motion. That means that their harnesses do not have a chest clip, which is a legal requirement for car seats in the U.S.

What are our top three tips?

1) Don't buy a car seat based on stroller, purchase price, or online reviews (research has shown that many online reviews are "fake").

2) Purchase your car seat based on your type of car (some seats don't fit all types of cars), your child's size and your lifestyle. Don't over think it, keep it simple.

3) Meet with a knowledgeable professional

Estes Park Health provides assistance to make sure your baby's car seat is the right fit for your car and for your baby. You can meet with one of Estes Park Health's professionals six weeks prior to your baby's birth to determine the type of seat you'll need and have it fitted properly to your car so that you are ready.

[Click here](#) for additional information.