

## Car safety for preemies

### Choosing a car seat

- Choose the right car seat for your infant's height and weight.
- A rear-facing-only car seat may fit a premature infant better than a convertible car seat.
- A doctor may recommend or require that your infant rides in a car bed.
- Always follow the car seat instruction manual and the vehicle owner's manual.

### Look for these features

- A rear-facing-only car seat with a weight limit starting at 3 or 4 pounds.
- Shoulder straps that can be moved low enough. They should sit at or below your infant's shoulders.
- A car seat that comes with padding to be used for smaller infants. Rolled blankets can be used instead of padding. Place them along the sides of the infant.
- An easy-to-read indicator that allows your infant to be secured at the correct angle.

### Resources

#### Car seat resources and information:

[chw.org/carseats](http://chw.org/carseats)

#### Car seat installation and check events:

[safekidswi.org/events](http://safekidswi.org/events)

**Email:** [CarSeatWI@chw.org](mailto:CarSeatWI@chw.org)

**Phone:** (855) 224-3692



The American Academy of Pediatrics recommends a car seat test for all infants born before 37 weeks gestation. The car seat test makes sure that premature infants are able to sit in a car seat safely.

If your infant has trouble riding in a rear-facing car seat, a doctor may recommend or require a car bed, and the doctor will tell you when your infant can transition to a rear-facing car seat.



Proper fit is the key to safety.

