



# REAR-FACING CAR SEAT

## Why Should Young Children Travel Rear-Facing?

- Head, neck, and spinal cord are easily injured. Young children have larger heads in proportion to their bodies, and their neck muscles are weaker.
- Proper restraint in rear-facing seats protect the head, neck, and spine from injury.
- Massachusetts requires all children under age 1 to ride rear-facing, but children should stay rear-facing as long as possible

## Types of Rear-Facing Seats

- **Rear-Facing Only:** Can only be used in rear-facing mode
- **Rear-Facing Convertible and Rear-Facing All-in-One:** Have different modes of use, typically including rear-facing, forward-facing, and booster seat modes

## Tips for Correct Use

- Never use a car seat outside of the height and weight limits defined by the manufacturer.
- Check the labels on the car seat for weight and height limits
- The top of the child's head should be well-contained within the shell and at least one inch from the top of the shell
- Harness straps should be snug and at or below the shoulders
- Choose the car seat that you will be able to use correctly every time
- The back seat is the safest place in the car. Never place a car seat in the front seat of a vehicle, unless the frontal air bag can be turned off.
- Only use additional padding and inserts that have been approved for your seat by the seat's manufacturer.
- Blankets should be placed over the child after the harness is snug and secure, never between the child and the harness.
- Use the seat's recline indicator to make sure the seat is reclined enough in the car. If your child is seated too upright, their airway may not be open enough.
- The seat should fit in your vehicle. Not every car seat will fit in every vehicle.