

# KEEP ME SAFE AS I GROW

EFFECTIVE 8/1/19



Rear-Facing  
Car Seat

**BIRTH TO AT  
LEAST 2 YEARS**

Seats must be used according to the manufacturer's instructions. For height and weight guidance, visit [www.healthychildren.org](http://www.healthychildren.org) or <https://bit.ly/1SLucaD>



Forward-Facing  
Car Seat

**AT LEAST 2  
YEARS OLD AND  
HAS OUTGROWN  
REAR FACING  
SEAT BY HEIGHT  
OR WEIGHT**



Booster Seat

**4 YEARS OLD AND  
HAS OUTGROWN  
FORWARD FACING  
HARNES SYSTEM  
BY HEIGHT OR  
WEIGHT**



Seat Belt

**9 YEARS OLD OR  
HAS OUTGROWN  
THE BOOSTER  
SEAT AND CAN  
PASS THE  
5 STEP TEST.**

**ALL CHILDREN SHOULD REMAIN IN REAR UNTIL 13 YEARS OLD**

## 5 STEP TEST:

- 1) BACK AGAINST VEHICLE SEAT
- 2) KNEES BENT AT EDGE OF SEAT
- 3) LAP BELT ON TOPS OF THIGHS, NOT BELLY
- 4) SHOULDER BELT BETWEEN NECK AND SHOULDER
- 5) SIT PROPERLY. NO SLOUCHING, NO PLAYING WITH SEAT BELT, ETC.



**Louisiana Chapter**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®

