Vermont Department of Health

Booster Seats **STAGE 3**

Car Seat Safety Information for Parents & Caregivers

Is my child ready for a booster seat?

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When a child has outgrown the forward-facing, harnessed car seat, it's time to use a booster. We recommend children stay harnessed until at least age 5 or 6.



- Place the lap belt low over the hips. Never allow the lap belt to ride over the abdomen.
- Booster must be used with a lap and shoulder belt. Using a lap-only belt can cause serious injury or death.
- Backless boosters may be used if the vehicle's seat has a high seat back or a head restraint and the belt fits correctly on the shoulder. If the vehicle does not have a head restraint, use a high-backed booster.
- Children should ride in boosters until the answer is "yes" to the five proper belt fit questions on the back of this card, regardless of age.





Vermont Department of Health

Seat Belt **STAGE 4**

Car Seat Safety Information for Parents & Caregivers

Children must ride in the back seat until they are at least 13 years of age.

Use these tips to ensure children are safe and secure.



It's time to take the **5 STEP TEST** when children outgrow their booster seats, the belt fits them properly AND they are at least 8 years old.

5 STEP TEST for Proper Belt Fit

- **1.** Does the child sit all the way back against the vehicle's seat?
- 2. Is the lap belt below the stomach, touching the thighs?
- Is the shoulder belt centered on the shoulder and chest?
- 4. With feet on the floor, do the child's knees bend comfortably at the edge of the vehicle's seat?
- 5. Can the child stay seated like this for the whole ride?

If the answer is "no" to any of these questions, the child needs a booster seat in order for the shoulder belt and the lap belt to fit properly and provide the best crash protection.



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