Car seats are not made to be used with bulky clothes. The thicker the clothing, the looser the harness. In a crash, a loose harness can cause the child to be ejected.

The straps of the car-seat harness need to fit snugly against the child’s chest. Remember: a shoulder strap that can be pinched will need to be cinched.

**How to Keep a Child Warm and Safe**

- Use bulky clothes and blankets over the harness, never under.
- Babies in rear-facing infant car seats can use blankets and/or an elasticized car seat cover after being buckled into their seat.
- Blankets cannot be tucked under the harness or behind the baby’s back.

Toddlers in rear or forward-facing seats have two options:

- Remove coat before buckling. After the harness has been secured, put on backward with the child’s arms through the sleeves.
- The jacket-pull-thru method can be used to secure the harness to the child’s body. (See illustrations on left.)
Shop and Sleep without the Car Seat

The American Academy of Pediatrics (AAP) and best practices recommend against placing an infant car seat on a shopping cart. The cart becomes top heavy and can tip, causing head and neck trauma to the child, possibly even death.

➠ Use the pre-weighted infant seat shopping carts available in most stores.

➠ Wear the child in a baby wrap.

➠ Place child in a stroller.

Ensure safe sleep out of the car seat.

Car seats are designed to protect children in the car. They are not made to be used as an additional bed for the child. In a car, the baby is seated at an angle, but if the car seat is sitting on a floor or table, the baby is not at the correct angle which could restrict the baby’s breathing.

➠ Car seats save lives—in the car.

➠ Car seats should not be used as a replacement for a crib.

➠ Remove a sleeping baby from the car seat when arriving at a destination.

Learn more online BeSeatSmart.org