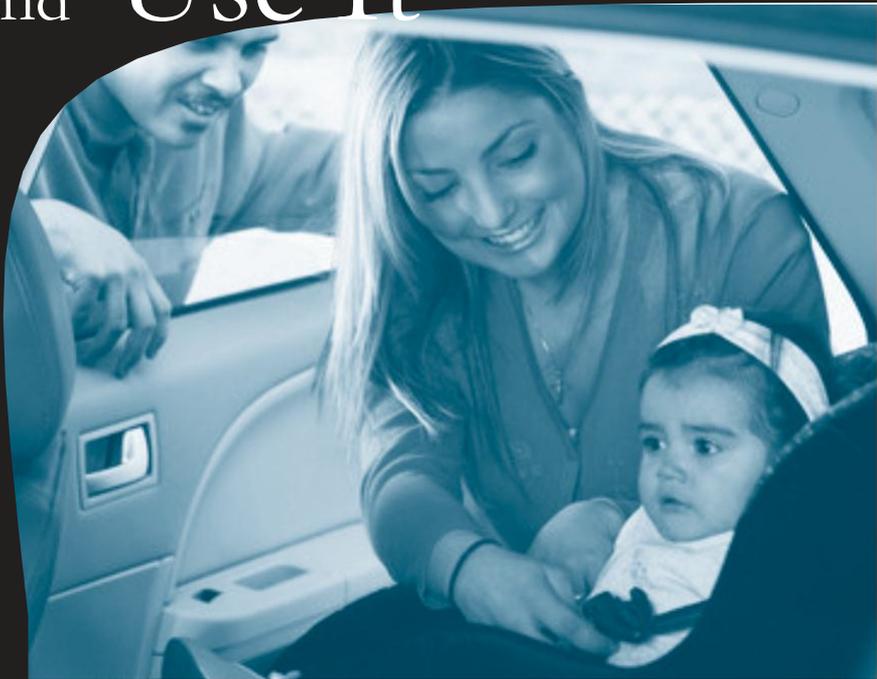


Please Get a
Child Safety Seat
and Use It



A Guide to Safe Road Travel for Your Child



TOYOTA

Following are guidelines to help you select the correct safety seat for your child. Before you use any seat, it is important that you read and follow the manufacturer's instructions.

Some children still may have trouble fitting into a safety seat even when they appear to meet the requirements as designated by the manufacturer's instructions. For example, a child may be too tall for a particular safety seat, even though he meets the weight and age requirements. If you are unclear as to the appropriate restraint for your child, please call the Injury Prevention Program at Cincinnati Children's Hospital Medical Center, at 513-636-7865.



*Produced by Cincinnati Children's Hospital Medical Center,
Cincinnati, Ohio, 513-636-7865.*

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Please Get a Child Safety Seat and Use It Perhaps the most important investment you can make in your young child's future is a child safety seat. In the United States, motor vehicle crashes are the most common cause of children's deaths and injuries. Each year more than 600 children under the age of 8 die as a result of motor vehicle crashes. **Child safety seats could prevent 54-71 percent of those deaths.**

A child safety seat prevents your child from being thrown about or out of the vehicle. In a crash, a child safety seat spreads out the force of the crash evenly over your child's fragile body and protects the head and spinal cord. Used properly, a child safety seat also improves behavior, lessening the chance that your child will distract the driver and actually cause a crash.

But simply purchasing a child safety seat is not enough. *To make sure your child has as safe a ride as possible, you must read the child safety seat instructions and the vehicle owner's manual, then follow these important steps.*

1. Choose the correct safety seat for the age and size of your child.
2. Place the safety seat correctly in the vehicle. The safest place for children 12 and under is always in the back seat.
3. Properly restrain your child in the safety seat.

Choosing the Right Safety Seat

Child safety seats come in a number of sizes and styles. All child safety seats made in the United States should carry a label stating that they meet Federal Motor Vehicle Safety Standard 213. If ordering a child safety seat through the internet, be sure it's manufactured in the United States

and meets FMVSS213. Most seats have an expiration date stamped in the plastic on the back of the seat.

It is best to use a new seat. If you choose to use a secondhand seat, make sure:

- the seat has not been involved in a crash
- you can read the manufacturer's model number and date
- the seat is less than six years old or not past the expiration date.
- the seat has all of its parts and an instruction booklet
- the seat has not been recalled
- the seat does not show signs of wear and tear on the harness, padding, shell or frame.

Because all brands and models of child safety seats must meet or exceed the standard, the least expensive model will usually work as well as the most expensive model. Higher-priced models may have added convenience features.

Before you buy a child safety seat, consider these questions.

- Is the seat's harness easy to use? Buckle and unbuckle the harness a number of times.
- Can you easily get a child in and out? Practice with a child, if possible.
- Does the seat fit tightly in your vehicle?

The best child safety seat is the one that is appropriate for the size, weight and age of your child, fits tightly into your vehicle and is convenient enough for you to use properly on every trip – even short trips within the neighborhood.



The bones in an infant's spinal column and neck are still pliable and can stretch up to 2 and 1/2 inches until around 1 year of age. To protect against serious neck and spinal cord injury, the American Academy of Pediatrics recommends that infants – until **at least 2 years of age** – ride in child safety seats facing the rear of the vehicle. The AAP further recommends that a child

should remain rear-facing until reaching the upper weight rear-facing of the seat and most convertible seats can be used to 30/40 pounds.

Choose a rear-facing infant seat or a convertible seat in the rear-facing position. **Do not** use a convertible seat with a shield for a newborn, because the shield may be too high to properly adjust the harness. The infant seat must always be used facing the rear of the vehicle.

Infant Seats

Many parents find that safety seats made for infants are easier to use and fit their newborns better than convertible seats. Some infant seats also can be used as carriers. Many are designed with a base that stays buckled in the vehicle and have a seat that can be snapped in and out.

The infant seat must always be used facing the rear of the vehicle. Most seats can be used until your baby weighs 22 pounds and some infant seats now can be used to 30/35 pounds, but be sure to follow the manufacturer's guidelines.

Your baby's head must fit beneath the top rim of the seat, with an inch to spare. Children who are younger than 2 years, and are still within the weight range of the seat but are too tall for an infant seat, should be moved to a convertible seat **6**

in the rear-facing position.

Read the manufacturers instructions to learn what handle position can be used when the seat is in the vehicle. If you purchase a stroller system that has a child safety seat option, be sure the child safety seat fits your car.

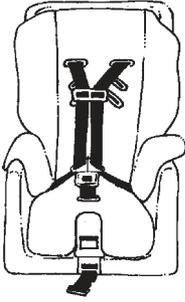
Convertible Seats

Convertible seats can be used both rear and forward facing depending on the age, weight and size of your child. Buy a convertible seat that is approved for rear-facing use up to 30 to 40 pounds. Children benefit from riding in a rear-facing seat beyond their first birthday. Children should remain in rear-facing seats until they reach the weight limit on the seat and as long as their head is 1 inch below the top of the child safety seat. (Best practice is to keep the child rear-facing until 18-24 months.)

Convertible seats are designed to fit children in the forward-facing position until they weigh 40/65/70 pounds, which is typically around 4 or 5 years of age. However, when your child's ears hit the top of the seat, or their shoulders are above the top slots of the seat, it's time to move to a combination or booster seat. ***Use a convertible seat until your child outgrows it.*** Convertible seats protect better, help keep your child from moving around and provide more support for sleeping than a booster seat.

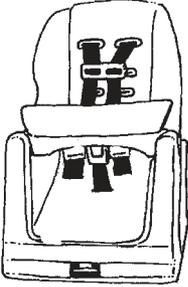
Harnesses

Harnesses around the child should be buckled into the child safety seat at all times. Even when the seat is used as a carrier, it is safer to have the harness buckled to provide additional protection.



Five-point Harness

This harness has a strap at each shoulder, a strap at each hip and one strap at the crotch. Five-point harnesses are the ***most adjustable*** and fit the widest range of infants and children.



Tray-shield Harness

This harness has a shield that looks like a padded tray. The shield pulls over the child's head. Straps are attached to the shield and buckle at the crotch. Always use the shoulder straps with the shield. It's unsafe to use only the tray shield. **(Do not use for infants.)**

Built-in seats

Some cars and vans have child safety seats built right into them. Some of these seats convert to a belt-positioning booster and others become a five-point harness. Both are easy to use, but neither can be used for children younger than 2 years. These seats can only be used forward-facing.



Forward-only or combination seats with a five-point harness

There are child safety seats designed to be used strictly in the forward-facing position. These seats should only be used for children who are over 2 years of age.

Combination seats have their own five-point harness that can be used for children 20/30 to 40/65/80 pounds, then removed so the seat can be used as a belt-positioning booster. Check manufacturer's height and weight requirements.

Booster seats

Once your child has outgrown a seat with an internal harness, it's time to move to a belt-positioning booster seat. (Booster seat use is extremely important because most children do not fit properly into an adult seat belt until they are about 4 feet, 9 inches tall.) And, during a car crash, an improperly positioned seat belt places a child at increased risk for certain injuries, which can be severe.

When younger children sit on the seat of a car, their legs are frequently too short for their knees to reach the edge of the seat and bend comfortably, so they tend to slouch or move forward, causing the lap belt to rise over the belly. Booster seats allow children to sit more comfortably, and ensure that the shoulder belt lays flat across the chest and away from the face, and that the lap belt fits snugly over the top of the thighs.

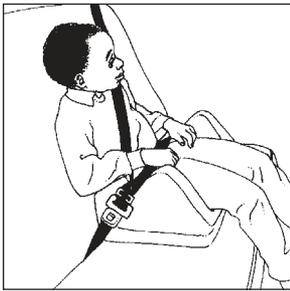
The most commonly available booster seats are designed for children who weigh between 40 and 100 pounds.

Do not use a booster seat before your child outgrows a forward-facing seat with a harness. Often a parent will move a child of 2 or 3 years to a booster seat for convenience or because a younger child needs the convertible seat. This is unsafe!



High-back Boosters

High-back booster seats are a good choice for vans, mini-vans and station wagons with low back seats. They offer protection against whiplash for taller children whose heads reach higher than the back of the vehicle seat. A high-back booster would be a good option for a child that falls asleep in the car. Some high back boosters have the option to remove the back. Your vehicle must have lap/shoulder belts to use a high-back booster.



No-back Boosters

No-back booster seats can be used by children that are at least 40 pounds. Older children may prefer a no-back booster seat. The child sits on the booster seat and is belted in with **both** the vehicle lap and shoulder belts.

Shield booster seat

Shield boosters are no longer manufactured. Cincinnati Children's does not recommend shield boosters. For more information, contact the Cincinnati Children's Injury Prevention Program, 513-636-7865.

If your vehicle has lap belts only, and your child weighs more than 40 pounds, there are seats on the market that can be used with an internal harness to a higher weight. For more information about these seats call the Injury Prevention Program at Cincinnati Children's at 513-636-7865.

Restraining Your Child in the Safety Seat Child

safety seats provide the best protection *only* when your child is properly placed and secured in the seat. **Read your child safety seat instructions.**

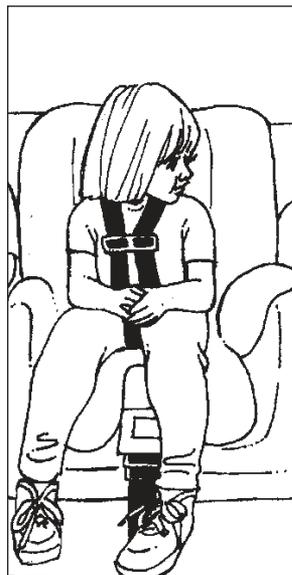


Infant seats or rear-facing convertible seats

- Place your baby with hips and back against the back of the seat.
- Position the shoulder straps so they are **at or below shoulder level**.
- Make sure the shoulder straps are snug with no slack. You should not be able to pinch excess harness webbing together lengthwise at the top of the shoulders.
- Place the retainer clip so it is in the middle of your baby's chest, at armpit or nipple level.
- If there is a harness-adjustment slide (see top of next page), thread the strap back through the slide. This will prevent the strap from loosening and keep your baby from being thrown out of the seat in a crash. You must do this every time you adjust the harness.
- If needed for extra support, put rolled up towels on either side of your baby. If your baby slides down, put a rolled-up wash cloth between his or her legs and the crotch strap.
- Dress your baby in clothes with legs. Avoid having thick layers of clothing under the harness.
- Do not place any padding or cushions behind your baby.
- Do not place blankets beneath or wrap blankets around your baby. You may place a blanket over your baby once the harnesses are fastened.

Forward-facing seats w/harness

- Place your child with hips and back against the back of the seat.
- Position the shoulder straps **at or above the level of your child's shoulders** (follow manufacturer's instructions).
- Make sure the shoulder straps are snug with no slack. You should not be able to pinch excess harness webbing together lengthwise at the top of the shoulders.
- Place the retainer clip so it is in the middle of your child's chest, at armpit or nipple level.
- If the crotch strap is adjustable, keep it short. This will help hold the harness strap down in the proper position.



Belt-positioning booster seats

- Make sure the lap belt is snug and positioned low enough to fit over the top of your child's thighs.
 - Check to be sure the shoulder belt stays on your child's shoulder and lies flat across the chest.
- If the shoulder belt rubs against your child's neck, it may be uncomfortable but it's not harmful. Try folding a soft cloth over the belt. Teach your child to tug at the shoulder belt if it loosens to retighten the belt.
 - ***Never put a shoulder belt under your child's arm so it crosses over the lower chest or behind the back. This could cause serious injury.***

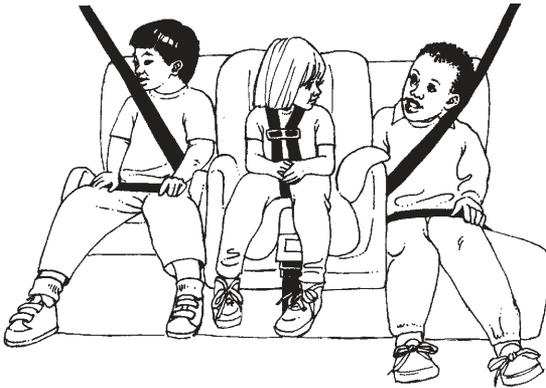
Note: Booster seats with a shield are not recommended.

Vehicle Seat Belts

Vehicle seat belts alone should not be used for young children. The belt slips up from the child's hips to the stomach and can cause injury. Seat belts are designed to fit adults; small children can be injured during a crash by being thrown out of the belt or slipping under it.

Once a child outgrows a booster seat (at approximately 4 feet 9 inches) and can sit without slouching, vehicle seat belts can be used safely, if they are worn properly. Lap belts should be placed low over the top of the child's thighs, not across the stomach. Shoulder belts should lie flat across your child's chest. Never place a shoulder belt under the arm or behind the back. The child's knees should bend at the edge of the seat. Your child should sit this way the entire ride.

Some vehicles that do not have shoulder belts in the rear seat can be retrofitted with them. Contact your automobile dealership for more information.



Installing The Safety Seat Correctly In The Vehicle

To be effective, child safety seats must be fastened tightly in the vehicle and must stay tightly against the back of

the vehicle seat. Read your vehicle owner's manual and the child safety seat instructions before installing the seat. For additional help with installing your child safety seat, Cincinnati Children's and area fire departments offer free child safety seat checks. For information on locations, call 513-636-7865 or visit our web site at www.cchmc.org/carseat.

- If possible, place your child's safety seat in the center of the back seat. This puts your child farthest from a front-end crash – the most common crash – and from side crashes – the most dangerous crash. However, this is not always possible. Some vehicles do not have enough space between safety belt attachments in the center back seat to keep the child safety seat tightly fastened. In other vehicles a center hump or armrest may interfere. Choose the back seat position that secures your child safety seat the best.

Many parents are reluctant to put their infants in the back seat because they cannot see if the baby chokes or has another serious problem. The risk of serious injury in a crash is far greater than the risk of a *healthy* baby having a life-threatening problem during a car ride. You should feel as comfortable with your baby out of sight in the back seat as you are when the baby is sleeping in another room.

Installation with seat belt systems

- **Use the proper seat belt slots on the child safety seat.** Each seat has at least one correct way for the belt to go. Follow the safety seat manufacturer's instructions.
 - ▼ Rear-facing safety seats may route the vehicle seat belt over or under the child's feet or lap, while others route it through a detachable base.
 - ▼ Most child safety seats used in the forward-facing position route the vehicle seat belt through slots at the back of the seat.

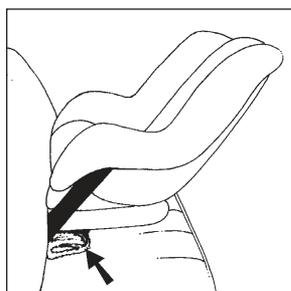


- **Fasten the child safety seat tightly.** Push the child safety seat down firmly into the vehicle seat while tightening the vehicle seat belt around the child safety seat. For a small person, it may help to push down on the seat with your knee.

- **Test how tightly the vehicle seat belt is holding the child safety seat.** A seat should not move more than an inch from side to side (or from the back of the vehicle seat) when rear or forward-facing.

- **Place an infant seat or rear-facing convertible seat so that your baby is reclining about halfway** – at about a semi-reclined angle (follow manufacturer’s instructions).

This helps to support an infant’s heavy head and weak neck and maintain an open airway. For



passenger comfort, the seats of many vehicles slope down toward the back of the seat. This causes a rear-facing seat to tilt too far upright. Many seats have a way to adjust the recline position of the seat and an indicator to show if the recline angle is correct. If your seat does not have a recline adjuster, a tightly rolled bath towel or a pool noodle cut to size and placed under the front of the safety seat, where the vehicle seat and seat-back meet, will help keep the baby in the proper position. Do not tilt the seat back more than 45 degrees.

- **In some small cars, a convertible seat in the rear-facing position may rest against the back of the front seat.** As long as the safety seat is at the proper angle, this is a safe position. (The back of Evenflo infant seats should not touch the back of the front vehicle seat.)

- **Place a convertible seat in the forward-facing position so that it sits upright.** (per manufacturer's instructions)
- **Some vehicle seat belts cause the seat to become loose unless special precautions are taken.** Certain vehicles, because of the shape of the seats or how the vehicle seat belts are placed, make fastening a child safety seat tightly nearly impossible. Read your vehicle owner's manual to find out if you will need any of the following:
 - ▼ A regular locking clip that comes with all safety seats.
 - ▼ A heavy-duty or belt-shortening clip that can be purchased at Ford dealers.
 - ▼ An additional buckle or belt.
 - ▼ A change in the way the vehicle seat belt works. It might work one way for a passenger but differently for a child safety seat.

Installing Your Seat In Vehicle

There are many different kinds of vehicle seat belts that work with child safety seats in different ways. Read and follow the vehicle owner's manual instructions.

New Attachment System – LATCH (Lower Anchors and Tethers for Children)

Car seat and vehicle manufacturers have worked together to make it easier for parents to install car seats. Starting September 2002 all new vehicles and safety seats have a universal anchorage system called LATCH-Lower Anchors and Tethers for Children. This system may make it easier to install seats.

This new system allows seats to attach to bars located in the crack where the vehicle seat cushion and seat back come together. At least two rear seating positions in the vehicle must have this system accompanied by a top tether anchor. The tether holds the top of the child safety seat tightly so the child's head won't move too far forward during a crash and is located in at least one additional seating location. Most top tethers can only be used with a forward-facing seat.

- Both your vehicle and child safety seat must have the LATCH system. Some child safety seats and vehicles can have LATCH added, contact your manufacturer. If you do not have LATCH on both the child safety seat and the vehicle, use the vehicle seat belts.
- Many vehicles will not have LATCH anchors in the middle seating position. You will need to either use the center seat belt or move the seat to another seating location that has LATCH if you choose to use the LATCH system to install your seat. (Check vehicle owner's manual for correct use.)
- Never attach two car seats to one LATCH anchor.
- If you can not secure your seat tightly using the LATCH system you can use the seat belts as an alternative way to install your seat.
- **Use the seat belts or LATCH. Do not use both systems to install your seat.**
- The top tether should be used, when possible, on forward-facing seats with an internal harness.

Tethers

Tethers provide added stability to restraints when used with the vehicle seat belts. All cars and restraints manufactured after September 1, 2000 have tether capability. Many cars prior to 2000 can have tether anchors added free of charge.

Child Safety Seat Recalls

Occasionally a manufacturer recalls a child safety seat because of a defect that could harm your child. Before you buy a new or used seat, check the federal recall list by calling the Auto Safety Hotline at 1-800-424-9393.

When you purchase a new child safety seat, ***be sure to send the manufacturer's owner information card provided with the seat.*** This makes it possible for the manufacturer to notify you if your model is recalled.

Manufacturers are required to fix the problem free of charge. Usually the seat does not have to be sent back to the manufacturer. You can fix most problems by replacing an old part with a new part the manufacturer sends you.

If you think your child safety seat has a problem that could be a safety defect, call the Auto Safety Hotline at 1-800-424-9393 to report it.

When a child safety seat is recalled

1. Find out which models and manufacturing dates are involved.
2. Write down the following information, which you will find on the bottom, side or back of the seat.

Manufacturer's name _____

Model number/name _____

Manufacture date _____

3. Call the toll-free number of the company for more information.
4. If you're not sure if your seat has been recalled or you don't know the manufacturer's telephone number, call the Auto Safety Hotline at 1-800-424-9393.
5. Unless you have another seat, continue using the

recalled seat while you wait for the repair kit. Using a recalled seat is almost always safer than letting your child ride using only a vehicle seat belt.

6. If you must get rid of the child safety seat, do not throw it in the trash, because someone else might find it and use it. Take the seat apart completely and have it destroyed.

Child Safety Seats and the Law

In all 50 states, police can stop a vehicle because a young child is not properly restrained.

Ohio law

All children must travel in a federally approved child safety seat until they are 4 years of age and weigh 40 pounds. This includes children with special health care needs. Fine: maximum of \$100 for the first offense and \$250 for the second offense. Fines cannot be waived.

Beginning October 7, 2009, Ohio law requires booster seats for children who have outgrown car seats but are under 8 years old, unless they have reached 4'9" in height. Fine: \$25-\$75

Kentucky law

Children 40 inches or less in height must be properly secured in a child safety seat. Fine: \$50

Kentucky requires booster seats for children between 40-50 inches that are under the age of 7. Fine: \$30

Indiana law change

All children under 8 years of age must travel in a federally approved child safety seat or booster seat. Fine: \$25.



Children and Air Bags

While airbags, in combination with vehicle seat belts, have saved lives and prevented injury, children and air bags do not mix. **Children 12 and under**, in or out of a child safety seat, can be seriously injured or killed by the force of an inflating air bag and **should sit in the back seat.**

In most cases, an adult who is correctly belted comes into contact with the air bag after it is fully inflated. In a rear-facing child safety seat, an infant's head is directly in front of the air bag as it breaks through the dashboard and instantly inflates. A child who is unbelted or too small to properly fit a vehicle seat belt may be too close to the dashboard as the airbag inflates.

Air bag safety

The back seat is safest for any passenger. People seated in the back are farthest from deadly head-on crashes and

protected by the padded front seat. ***Rear-facing child safety seats should never be placed in front of an air bag, unless the air bag has a cut-off switch or a special car seat sensor.*** However, ***if it is absolutely necessary*** for your child over the age of 2 to ride forward facing in the front seat equipped with a passenger air bag, take the following precautions:

- Belt your child into the correct seat for your child’s size.
- If your child is too short for the shoulder belt, do not use only a lap belt, and do not place the shoulder belt under the arm or behind the back. During pre-braking or a crash, your child’s upper body will be thrown forward toward the inflating air bag.
- Move the front seat as far back from the dashboard as possible.

To protect your child from the danger of air bags, it’s important first to know if a vehicle has air bags. Look for the following indications:

- **A warning in the vehicle owner’s manual.**
- The words “air bag” or the letters “SRS”, “SIR”, “SIPS”, “SIAB”, or “IC” on the steering wheel, dashboard panel and side of the vehicle’s seats.
- A warning label on the sun visors or on the sides of the open door frame.
- Side impact airbags may include seat or door mounted, curtain, or tubular types.

For more information regarding children and air bags, call the National Highway Traffic Safety Administration’s (NHTSA) Auto Safety Hotline at 1-800-424-9393 or visit their web site at www.nhtsa.gov.

Tips for Your Child's Safety

- Treat buckling up as an automatic part of life so your children do, too.
- Use a child safety seat every time your child travels in a vehicle.



- ▼ More than eight out of 10 crashes occur at speeds lower than 40 mph.
 - ▼ Deaths have occurred at 12 mph, about the speed you drive through a parking lot.
 - ▼ Nearly 75 percent of all crashes happen within a few miles from home.
- Do not hold your child on your lap. Safety experts call this the “child-crusher position.” Even in a low-speed crash, your child could be ripped violently from your arms and crushed between you and the dashboard, airbag, or windshield.
 - Protect your child against hot vinyl padding, metal and plastic on the child safety seat. Feel the seat and buckles before putting your child in it. In hot weather, lay a towel or cloth over the seat when not in use.
 - Never hold your baby in your arms in a moving vehicle. For comfort breaks or to nurse your baby, pull off the road or stop in a rest area.

Infants

- Make sure that the seat you use is an actual infant car seat that attaches to the seat in your vehicle. Do not use a light-weight infant carrier or “pumpkin seat” in your vehicle. They are not sturdy enough to protect your baby in a crash and cannot be secured inside the car.



- If your newborn's head falls to the side, place a rolled cloth diaper or receiving blanket on either side of the head. Do not use extra foam cushions that fit under the baby's entire body. Foam flattens in a crash and can cause enough room under the harness for a baby to slip out of the child safety seat.
- In the winter, avoid dressing the baby in bulky outerwear. Try to dress the baby in lightweight clothing (such as fleece) or bunting with legs. If you use a blanket for additional warmth, fit the child safety seat harness straps snugly over your baby's shoulders, then put the blanket over the baby.

Children with special needs

Some children have particular transportation needs that typical child safety seats cannot meet. Special types of restraints have been developed to keep these children safe. Car beds are available for premature or low-birth weight children who may need to lie flat. Children in full-body or other extensive casts, children who have difficulty controlling their bodies or heads, and those with behavioral problems also may need special restraints to meet their needs. For more information about special restraints, call Cincinnati Children's at 513-636-7865.

- Do not change the design or use of a child safety seat unless the change has been crash-tested.
- To support your child's upper body, use a child safety seat with a five-point harness.
- If your baby's head falls forward, tilt the seat so the baby lies at a semi-reclined angle (follow manufacturer's instructions).

- For forward facing children that have poor head control, use a seat with harness straps that can also be tilted back (reclined).
- Use cloth rolls for side support of your child's body and head, between the legs and crotch strap for slouching, or under the knees in front of the crotch strap for arching.
- Do not restrain your child's head separately from the body.
- Secure all medical equipment, such as monitors, oxygen tanks, suction machines, crutches and wheelchairs, and ventilators. Do not use the same seat belt holding the car seat.
- Plan for enough power for equipment (2x length of trip).

Active Children

- Never let a child out of the seat while the vehicle is in motion. If your child needs a break, stop the vehicle as soon as it is safe to do so.
- Don't reward behavior like yelling, screaming and begging by allowing your child to ride unprotected.
- Use praise as soon as your child settles down.
- Stay firm and calm. Your child's life depends on making the child ride safely in a child safety seat.
- Make frequent stops.

Tips for Happy Travel

- Take along a favorite security toy or blanket.
- Tape bright magazine pictures on the seat back for infants to look at as they face the rear of the vehicle.
- Provide age-appropriate items, such as teething rings, books, crayons, paper, finger puppets and storybook tapes.
- Bring along snacks, but avoid foods likely to cause choking, such as raisins, carrots, nuts, grapes or hotdogs. A wet cloth in a plastic bag or moist towelettes are handy for cleanup.
- Keep children busy to avoid boredom and problem behavior.
 - ▼ Count signs, blue cars, cows, anything!
 - ▼ Look for colors, letters or numbers on signs or license plates. Play car bingo.
 - ▼ Sing nursery rhymes, seasonal songs or songs about the state you are in.
 - ▼ Play a favorite music tape.
 - ▼ Bring out treats and toys one at a time from a “surprise bag.”
 - ▼ Get books on tape, CD or DVD from the library.

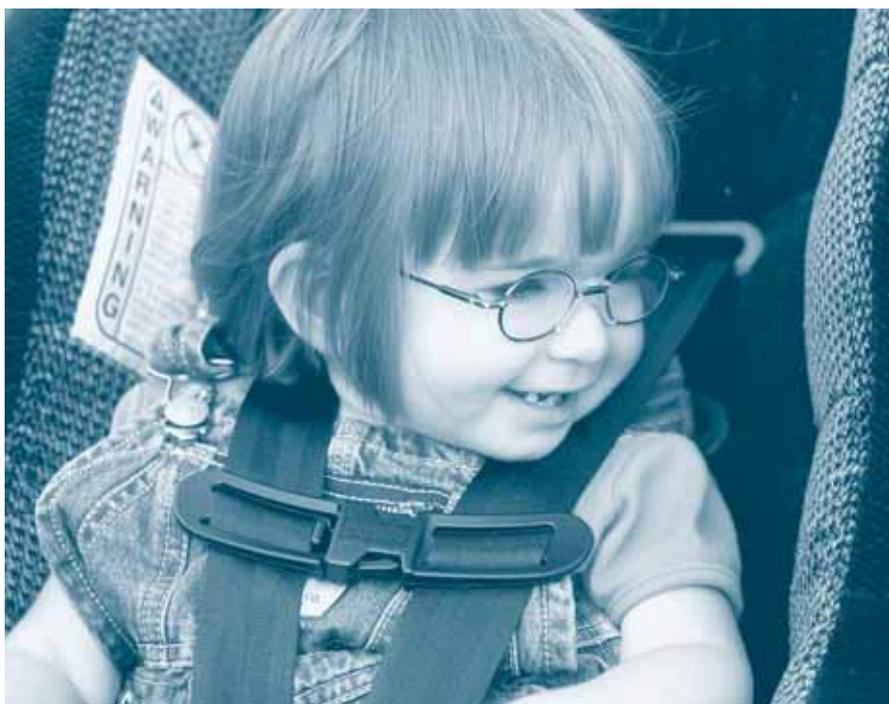
For More Information

If you have questions about the proper use of child safety seats, please call Cincinnati Children's at 513-636-7865, or the Auto Safety Hotline, 1-800-424-9393.

For additional child safety seat information, you can access these web sites:

www.cincinnatichildrens.org/health/info/safety/vehicle,

www.nhtsa.gov, www.safekids.org, and www.carseat.org.





TOYOTA

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Please visit us online at www.cincinnatichildrens.org.