

(both should be on the seat). They should not use a restraint that has been involved in a crash. Some service clubs and hospitals have loan programs for restraints. Information about approved models and other aspects of car safety seat restraints is available from several organizations and sources.*

Parents are cautioned against placing an infant in the front seat of a car with a passenger-side air bag. It is now recommended that infants and toddlers ride rear facing in a child safety seat in the back seat of the car until they are 2 years old or until they reach the maximum height and weight recommended by the car seat manufacturer (Committee on Injury, Violence, and Poison Prevention and [Durbin, 2011](#); [Bull, Engle, Committee on Injury, Violence, and Poison Prevention, et al, 2009](#)). Studies indicate that toddlers (up to 24 months of age) are safer riding in convertible seats in the rear-facing position ([Bull and Durbin, 2008](#)). A convertible safety seat is positioned semi-reclined and facing the rear of the car. After the child has outgrown the rear-facing seat, a forward-facing seat with a harness is recommended.

Nursing Alert

In a car seat, padding is never placed underneath or behind the infant, because it creates slackness in the harness, leading to the possibility of the child's ejection from the seat in the event of a crash. In vehicles with front passenger-side air bags, the rear-facing safety seat must be placed in the back seat to avoid injury to the infant from the released air bag forcing the safety seat against the vehicle seat or passenger door.

Although federal safety standards do not specify the minimum weight of an infant and the appropriate type of restraint, newborns weighing 2 kg (4.4 pounds) receive relatively good support in convertible seats with a seat back-to-crotch strap height of 14 cm (5.5 inches) or less. Rolled blankets or towels may be needed between the crotch and legs to prevent slouching and can be placed along the sides to minimize lateral movements. Placing the infant in a safety seat at a 45-degree angle will prevent slumping and airway obstruction (Committee on Injury, Violence, and Poison Prevention and [Durbin, 2011](#); [Bull, Engle, Committee on Injury, Violence, and](#)