

CAR SEAT SAFETY CHECK LIST FOR NEWBORNS

Preparing for the first ride home!

You should have a car seat by your seventh month of pregnancy. Don't wait until the last minute because sometimes babies arrive early! Purchase a new, unused car seat. If you cannot afford to purchase a new seat, ask people you know if they have one that you can borrow for a few months. A few ideas of people you can ask are friends, neighbors, relatives, co-workers and church members.

Purchasing a used car seat from a yard sale, second hand store or online ad can have unfortunate consequences. Seats may be missing pieces, recalled, outdated or have been in a crash, which can put your child at risk during travel.

Practice installing the seat into your vehicle- if you're not sure how to install it or you'd like assistance learning the correct way, call your local car seat safety program. The contact information for the Mat-Su valley is 352-1229.

Car seats are crash tested under rigorous standards. Do not add to or change anything on the seat as it can dramatically change how the safety seat works.

For your trip to the hospital or birthing center, make sure to pack for car seat use only-

- One lightweight outfit for going home- NO snowsuits
- Five receiving blankets
- One heavier blanket