



STAT Lesson:

Car Seat Safety



STAT Lesson Plan for English Language Learners
Car Seat Safety/Seguridad de los asientos de carro

Lesson Duration: 45-60 minutes

Standards (as needed or required):

Lesson Objectives:

- Student will be able to **use** the target vocabulary related to car seat safety.
 - *El/la estudiante podrá utilizar el vocabulario relacionado a la seguridad del asiento del carro.*
- Student will be able to **match** words given with the correct image.
 - *El/la estudiante podrá emparejar las palabras dadas con la imagen correcta.*
- Student will be able to **identify** different types of car seats and how to install them safely.
 - *El/la estudiante podrá identificar diferentes tipos de asientos del carro y como instalarlos seguramente.*

I Can Statements:

- I can **use** the target vocabulary related to car seat safety.
 - *Puedo utilizar el vocabulario objetivo relacionado a la seguridad del asiento del carro.*
- I can **match** words given with the correct image.
 - *Puedo emparejar las palabras dadas con la imagen correcta.*
- I can **identify** different types of car seats and how to install them properly.
 - *Puedo identificar diferentes tipos de asientos del carro y como instalarlos seguramente.*

Materials Needed

- Laptop or other mobile device (optional)
- Lesson Plan
- [Vocabulary & Image Guide Sheet](#)
- [Vocabulary Practice Worksheet](#) & [Vocabulary Practice Answer Key](#)
- [Vocabulary Images](#) (Paper Flashcards)
- Quizlet Activities: [Flashcards](#)
- EdPuzzle Videos:
 - [Installing Rear-Facing Infant Car Seat with Seat Belt](#)
 - [Installing Rear-Facing Convertible Car Seat with LATCH System](#)
 - [Installing Forward-Facing Car Seat with Seat Belt](#)
 - [Installing Forward-Facing Car Seat with LATCH System](#)
 - [How to Install a Child Booster Seat - Penn State Health Children's Hospital](#)
- Copies of [Pre-Test](#), [Post-Test](#) & [Test Answer Key](#)

Optional Learning Tools:

- [Car Seat Recommendations for Children \(ENGLISH\)](#) & [\(SPANISH\)](#)
- [Car Seat Safety Checkup \(ENGLISH\)](#) & [\(SPANISH\)](#)

Target Vocabulary

- Infant carrier
- Combination seat
- Convertible seat
- Booster seat
- Expiration date
- Forward-facing
- Rear-facing
- Back seat
- Seatbelt
- Lap
- Buckle
- Weight limit
- Height limit
- LATCH (Lower Anchors & Tethers for Children)
- Anchor
- Tether
- Strap
- Base
- Harness
- Install
- Fasten
- Clip

Target Sentences

- There are four types of car seats.
- An infant carrier goes in the middle of the back seat.
- A combination car seat grows with the baby.
- A convertible car seat is for toddlers.
- A booster seat is for older children.
- Check the expiration date on the car seat.
- Install a forward-facing car seat for toddlers and older.
- Install a rear-facing car seat for infants.
- Children under 13 should always sit in the back seat of the car.
- Buckle up; it's the law.
- Fasten the seatbelt buckle.
- Car seats have specific weight and height limits.
- Use the LATCH system if the car was built after 2002.
- Tighten the straps across the child's shoulders and lap.
- Install the car seat base before attaching the infant carrier.
- Adjust and secure the harness of the child's car seat.
- Fasten the clip across the child's chest.

Pre-Test Questions

1. Which are examples of car seats?
2. Where should the infant carrier be installed?
3. Fill in the blank: _____ Up; It's the law.
4. All car seats have an expiration date. (T/F)
5. Match the correct word with the image.

Lesson Instructions

Language Note: *The following lesson may be taught in the students' native language for beginning English Language Learners. If your students are more advanced, these same lessons can be taught using as much English as is appropriate.*

While there may be a variety of available activities, it is important to select the particular activities that can be used for group or individual practice to meet the needs of the students. The objective is for students to practice with engaging activities that will enable them to practice what they are learning.

Introduction/Opener/Activate Prior Knowledge

- What do you already know about this topic?
- Ideas for questions to begin discussion:
 - Example: In what situations would I use these words?

Introduce Key Vocabulary

Distribute the Vocabulary & Image Guide. Instructor will introduce each word in English and Spanish, and practice pronunciation.

- Practice out loud as a group.
- Say the terms in English and have students repeat.
- Give students feedback with pronunciation.
- Repeat the term and give feedback until the student closely mimics your pronunciation.
- Flashcards on Quizlet (or paper)
 - English-Spanish - Students can switch to start with Spanish.
 - English to image
 - English with descriptions
- Comprehension activities on Quizlet
- Interpretive comprehension activities with videos using EdPuzzle
 - Show one or all of the short EdPuzzle videos explaining how to install the different types of car seats. Instructor can choose the videos most relevant to their students.

- [Installing Rear-Facing Infant Car Seat with Seat Belt](#)
- [Installing Rear-Facing Convertible Car Seat with LATCH System](#)
- [Installing Forward-Facing Car Seat with Seat Belt](#)
- [Installing Forward-Facing Car Seat with LATCH System](#)
- [How to Install a Child Booster Seat - Penn State Health Children's Hospital](#)

- Vocabulary Practice Worksheet

Extension Activity/Connections to Other Topics

- Use simple dialogue scripts to role play. Learners read a role.
Setting: Mom brings the car seat to the local fire department for help with installation.
 - **Mom:** Hello, could you help me with my car seat, please?
 - **Firefighter:** Sure. How old is your child?
 - **Mom:** My daughter is 2 years old.
 - **Firefighter:** Ok. What is her weight and height?
 - **Mom:** She is 80 centimeters and 9 kilos.
 - **Firefighter:** Let me check that in inches and pounds. So she is about 31.5 inches and 20 pounds?
 - **Mom:** That sounds about right.
 - **Firefighter:** So she should still be in an infant carrier. Do you have one?
 - **Mom:** Yes. How do I put it in?
 - **Firefighter:** The best place to put it is in the middle of the back seat. Which is your car?
 - **Mom:** My car is the red 2000 Chevy over there.
 - **Firefighter:** Ok so your car is too old for the LATCH system but you can install it by passing the seat belt through the back of the infant carrier base.
 - **Mom:** Like this?
 - **Firefighter:** Yes. Tighten the straps so that it doesn't move more than an inch.
 - **Mom:** Ok, it's tight, but it looks uneven.
 - **Firefighter:** Right. Look at the level on the side of the base and make sure it's in the middle.
 - **Mom:** Ok, got it. Now what?
 - **Firefighter:** Just click the infant carrier into the base.
 - **Mom:** Oh great! I feel better now that my baby will ride safely! Thank you!

Post-Test Questions

1. Which are examples of car seats?
2. Where should the infant carrier be installed?
3. Fill in the blank: _____ Up; It's the law.
4. All car seats have an expiration date. (T/F)
5. Match the correct word with the image.

Bonus Question: What are some factors to consider when choosing the type of car seat for your child?

Wrap-Up/What Have Students Learned?

- Revisit the “I can” statements at the beginning of the lesson to determine what students have learned and what they can practice more on their own.

Next Steps for Individual Student Practice

- Students practice using their new vocabulary and phrases in the real world.

Instructor Reflection

- When did students struggle?
- When did students experience success?
- Where to continue for the next lesson?
- Other ideas for the future?

For More Information

- Safety & Prevention - [healthychild.org](https://www.healthychild.org)
- National Highway Traffic Safety Administration - <https://www.nhtsa.gov/>



Lesson: Car Seat Safety/La lección: Seguridad de los asientos de carro

Pre-Test/Pre-evaluación

Name/Nombre _____

Date/Fecha _____

Instructions: Choose the correct answer./Instrucciones: Escoja la respuesta correcta.

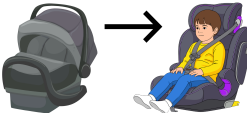
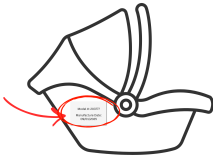
1. Which are examples of car seats?
¿Cuáles son ejemplos de los asientos de carro?
A. Combination
B. Convertible
C. Booster
D. All of the above
2. Where should the infant carrier be installed?
¿Dónde se debe instalar el portabebé?
A. Front seat
B. Back seat and forward-facing
C. Back seat, rear-facing, in the middle
D. Back seat on the right side
3. Fill in the blank: _____ Up; It's the law.
Completa la frase: _____ Up; It's the law.
A. Strap
B. Buckle
C. Harness
D. Clip
4. All car seats have an expiration date.
Todos los asientos del carro tienen fecha de vencimiento.
A. True
B. False
5. Match the correct word with the image.
Empareja la palabra correcta con su imagen.
A. Seat belt
B. Buckle
C. Harness
D. Lap



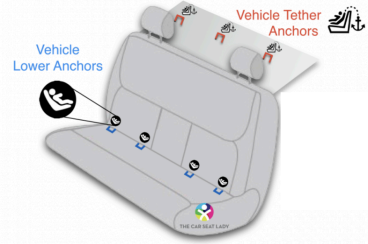


Lesson: Car Seat Safety/La lección: Seguridad de los asientos de carro
Vocabulary & Image Guide Sheet

Note: Stressed syllable in uppercase /*Nota: Silaba tónica mayúsculas*

El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Infant carrier	IN-fent KER-ee-er	en-fant KÉ-ri-er	Portabebé	
Combination seat	kom-buh-NAY-shun seet	kom-ba-NÉI-shon sít	Asiento combinado	
Convertible seat	kun-VUR-tuh-bul seet	kon-VÉR-ta-bol sít	Asiento convertible	
Booster seat	BOO-ster seet	BÚS-ter sít	Asiento elevador	
Expiration date	eks-puh-RAY-shun dayt	eks-pa-RÉI-shon déit	Fecha de vencimiento	

El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Forward-facing	FOR-werd FAY-sing	FÓR-werd FÉI-sing	Orientado hacia adelante	
Rear-facing	REER FAY-sing	RÍR FÉI-sing	Orientado hacia atrás	
Back seat	bak seet	bak sít	Asiento trasero	
Seatbelt	SEET-belt	SÍT-belt	Cinturón de seguridad	
Lap	lap	lap	En las piernas	

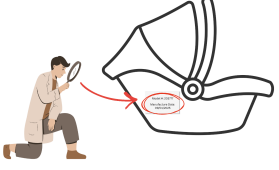
El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Buckle	BUH-kul	Ba-kol	Hebilla del cinturón	
Weight limit	wayt LIM-it	wÉIT Le-met	Límite de peso	
Height limit	hite LIM-it	jÁIT Le-meT	Límite de estatura	
LATCH (Lower Anchors & Tethers for Children)	lach	lach	LATCH (Anclajes inferiores y correas de sujeción para niños)	LATCH = Lower Anchors and Tethers for CHildren 
Anchor	ANG-ker	en-ker	El anclaje	



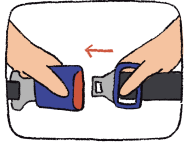
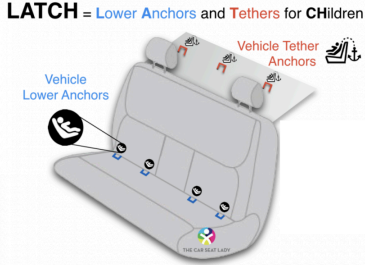
El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Tether	TEH-ther	TÉ-der	Correa superior	
Strap	strap	strap	Correa	
Base	bayss	béis	Base	
Harness	HAR-ness	JÁR-nes	Arnés	
Install	in-STALL	en-STAL	Instalar	
Fasten	FA-sen	FÁ-sen	Abrochar	

El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Clip	klip	klip	Clip	
Target Phrases/Frases Objetivas				
There are four types of car seats.	thair ar for types uhv kar seets	Der ar fór táips ov kar síts	Hay cuatro tipos de sillas de seguridad para niños.	
An infant carrier goes in the middle of the back seat.	an IN-fent KER-ee-er gohz in thuh MID-ul uhv thuh bak seet	An en-fant ké-ri-er góus en de mí-dol ov de bak sít	Un portabebé va en medio del asiento trasero.	
A combination car seat grows with the baby.	uh kom-buh-NAY-shun kar seet grohz with thuh BAY-bee	A kom-ba-NÉI-shon kar sít gróus wuit de béi-bi	Una silla combinada crece con el bebé.	
A convertible car seat is for toddlers.	uh kun-VUR-tuh-bul kar seet iz for TOD-lerz	A kon-VÉR-ta-bol kar sít is for TÓD-lerz	Una silla convertible es para niños pequeños.	
A booster seat is for older children.	uh BOO-ster seet iz for OHL-der CHIL-dren	A BÚS-ter sít is for ÓL-der CHÍL-dren	Un asiento elevador es para niños más grandes.	

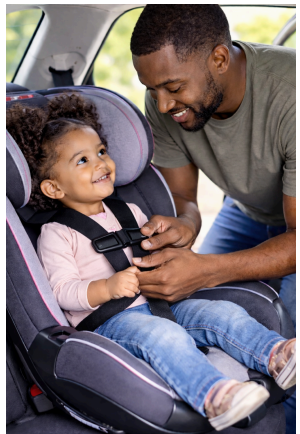


El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Check the expiration date on the car seat.	chek thuh eks-puh-RAY-shun dayt on thuh kar seet	Chek di eks-pa-RÉI-shon déit on de kar sít	Revisa la fecha de vencimiento de la silla de seguridad.	
Install a forward-facing car seat for toddlers and older.	in-STALL uh FOR-werd-FAY-sing kar seet for TOD-lerz and OHL-der	En-STAL a FÓR-werd FÉI-sing kar sít for TAD-lerz and ÓL-der	Instala una silla orientada hacia adelante para niños pequeños y mayores.	
Install a rear-facing car seat for infants.	in-STALL uh REER-FAY-sing kar seet for IN-fents	En-STAL a RÍR FÉI-sing kar sít for EN-fants	Instala una silla orientada hacia atrás para bebés.	
Children under 13 should always sit in the back seat of the car.	CHIL-dren UN-der thir-TEEN shood ALL-wayz sit in thuh bak seet uhv thuh kar	CHÍL-dren ÓN-der thér-TÍN shud ÓL-weiz sit in de bak sít av de kar	Los niños menores de 13 años siempre deben sentarse en el asiento trasero del carro.	
Buckle up; it's the law.	BUH-kul up — its thuh law	Ba-kel óp; its de la	Abróchate el cinturón; es la ley.	



El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Fasten the seatbelt buckle.	FA-sen thuh SEET-belt BUH-kul	FÁ-sen de SÍT-belt BA-kel	Abrocha la hebilla del cinturón de seguridad.	
Car seats have specific weight and height limits.	kar seets hav spuh-SI-fik wayt and hite LIM-its	Kar síts jav spe-SÍ-fiK wÉIT and hÁIT LÍ-miTs	Las sillas de seguridad tienen límites específicos de peso y estatura.	
Use the LATCH system if the car was built after 2002.	yooz thuh LACH SIS-tum if thuh kar wuz bilt AF-ter two-thou-zand-too	Yús de LACH sístem ef de kar was bílt ÁF-ter tu-tháu-zand tú	Usa el sistema LATCH si el vehículo fue fabricado después de 2002.	
Tighten the straps across the child's shoulders and lap.	TIE-ten thuh straps uh-KROSS thuh chyl dz SHOHL-derz and lap	TÁI-ten de straps a-KRÓS de cháilds SHÓL-derz and lap	Ajusta y aprieta las correas sobre los hombros y las piernas del niño.	



El inglés	La pronunciación	La pronunciación para hispanohablantes	El español	La foto
Install the car seat base before attaching the infant carrier.	in-STALL thuh kar seet bayss bih-FOR uh-TACH-ing thuh IN-fent KER-ee-er	En-STAL de kar sít béis bi-FÓR a-TÁCH-ing di en-fant ké-ri-er	Instala la base de la silla antes de colocar el portabebé.	
Adjust and secure the harness of the child's car seat.	uh-JUST and si-KYOR thuh HAR-ness uhv thuh chyl dz kar seet	A-JAST and si-KYÓR de JÁR-nes av de cháílds kar sít	Ajusta y asegura el arnés de la silla del niño.	
Fasten the clip across the child's chest.	FA-sen thuh klip uh-KROSS thuh chyl dz chest	FÁ-sen de klip a-KRÓS de cháílds chest	Abrocha el clip a la altura del pecho del niño.	

Lesson: Car Seat Safety / La lección: Seguridad de los asientos de carro

Vocabulary Practice Worksheet

Instructions: Choose the word associated with the image. / *Escoja la palabra asociada con la imagen.*



1.

- A. Infant carrier
- B. Combination
- C. Convertible
- D. Booster



6.

- A. Forward-facing
- B. Rear-facing
- C. Seatbelt
- D. Expiration date



2.

- A. Infant carrier
- B. Booster
- C. Combination
- D. Convertible



7.

- A. Forward-facing
- B. Rear-facing
- C. Harness
- D. Expiration date



3.

- A. Convertible
- B. Combination
- C. Infant carrier
- D. Booster



8.

- A. Rear-facing
- B. Height limit
- C. Seatbelt
- D. Harness



4.

- A. Infant carrier
- B. Combination
- C. Booster
- D. Convertible



9.

- A. Weight limit
- B. Seatbelt
- C. Harness
- D. Expiration date



5.

- A. Harness
- B. Seatbelt
- C. Forward-facing
- D. Rear-facing



10.

- A. Buckle
- B. Harness
- C. Height limit
- D. Rear-facing

Lesson: Car Seat Safety / La lección: Seguridad de los asientos de carro

Vocabulary Practice Answer Key

Instructions: Choose the word associated with the image. / *Escoja la palabra asociada con la imagen.*



1.

- A. Infant carrier
- B. Combination
- C. Convertible**
- D. Booster



6.

- A. Forward-facing**
- B. Rear-facing
- C. Seatbelt
- D. Expiration date



2.

- A. Infant carrier**
- B. Booster
- C. Combination
- D. Convertible



7.

- A. Forward-facing
- B. Rear-facing**
- C. Harness
- D. Expiration date



3.

- A. Convertible
- B. Combination
- C. Infant carrier
- D. Booster**



8.

- A. Rear-facing
- B. Height limit
- C. Seatbelt**
- D. Harness



4.

- A. Infant carrier
- B. Combination**
- C. Booster
- D. Convertible



9.

- A. Weight limit**
- B. Seatbelt
- C. Harness
- D. Expiration date



5.

- A. Harness**
- B. Seatbelt
- C. Forward-facing
- D. Rear-facing



10.

- A. Buckle**
- B. Harness
- C. Height limit
- D. Rear-facing



Lesson: Car Seat Safety / La lección: Seguridad de los asientos de carro

Post-Test / Post-evaluación

Name / Nombre _____

Date / Fecha _____

Instructions: Choose the correct answer. / Instrucciones: Escoja la respuesta correcta.

1. Which are examples of car seats?
¿Cuáles son ejemplos de los asientos de carro?
A. Combination
B. Convertible
C. Booster
D. All of the above
2. Where should the infant carrier be installed?
¿Dónde se debe instalar el portabebé?
A. Front seat
B. Back seat and forward-facing
C. Back seat, rear-facing, in the middle
D. Back seat on the right side
3. Fill in the blank: _____ Up; It's the law.
Completa la frase: _____ Up; It's the law.
A. Strap
B. Buckle
C. Harness
D. Clip
4. All car seats have an expiration date.
Todos los asientos del carro tienen fecha de vencimiento.
A. True
B. False
5. Match the correct word with the image.
Empareja la palabra correcta con su imagen.
A. Seat belt
B. Buckle
C. Harness
D. Lap



BONUS:

What are some factors to consider when choosing the type of car seat for your child?

¿Cuáles son algunos factores a considerar al elegir el tipo de asiento de carro para su hijo?



Lesson: Car Seat Safety / La lección: Seguridad de los asientos de carro

Post-Test / Post-evaluación

Name / Nombre _____

Date / Fecha _____

Instructions: Choose the correct answer. / Instrucciones: Escoja la respuesta correcta.

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¿Cuáles son ejemplos de los asientos de carro?
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BONUS:

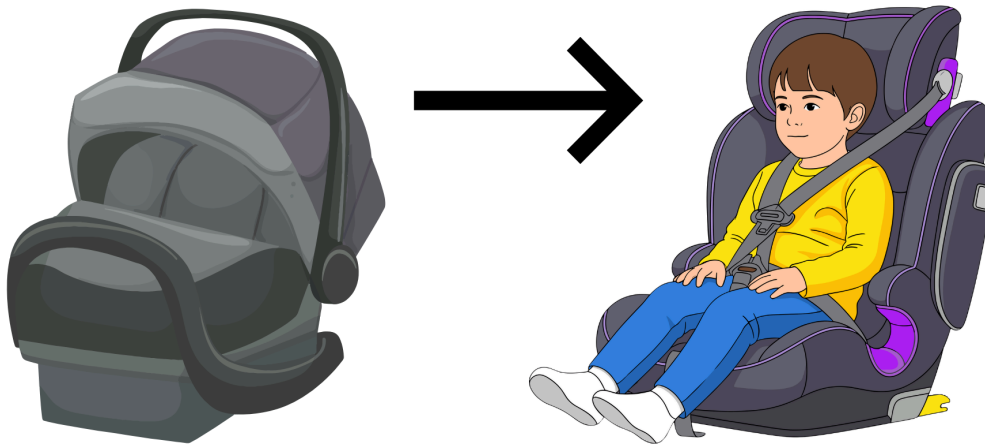
What are some factors to consider when choosing the type of car seat for your child?

¿Cuáles son algunos factores a considerar al elegir el tipo de asiento de carro para su hijo?

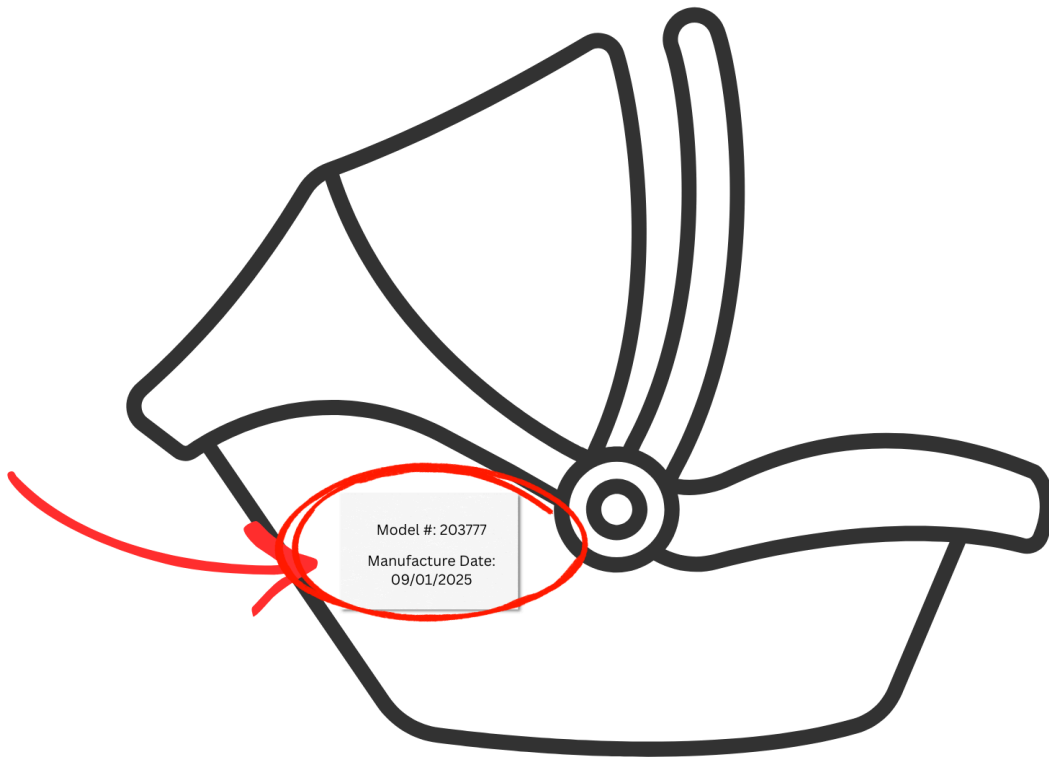
Answers will vary. Possible answers include; Height, Weight, Child's Age



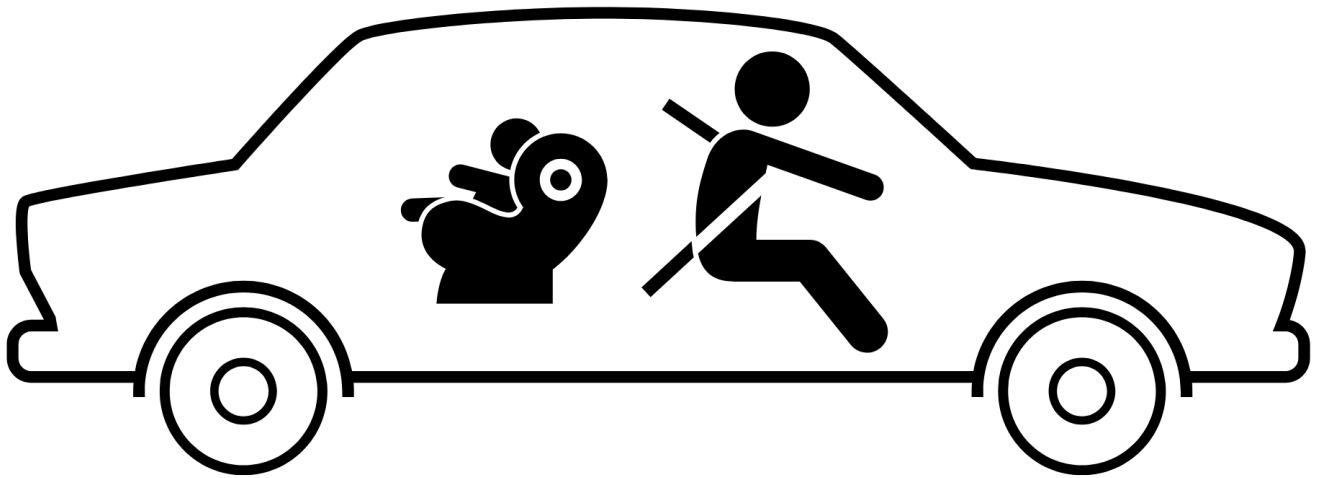














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Short Targeted and Timely



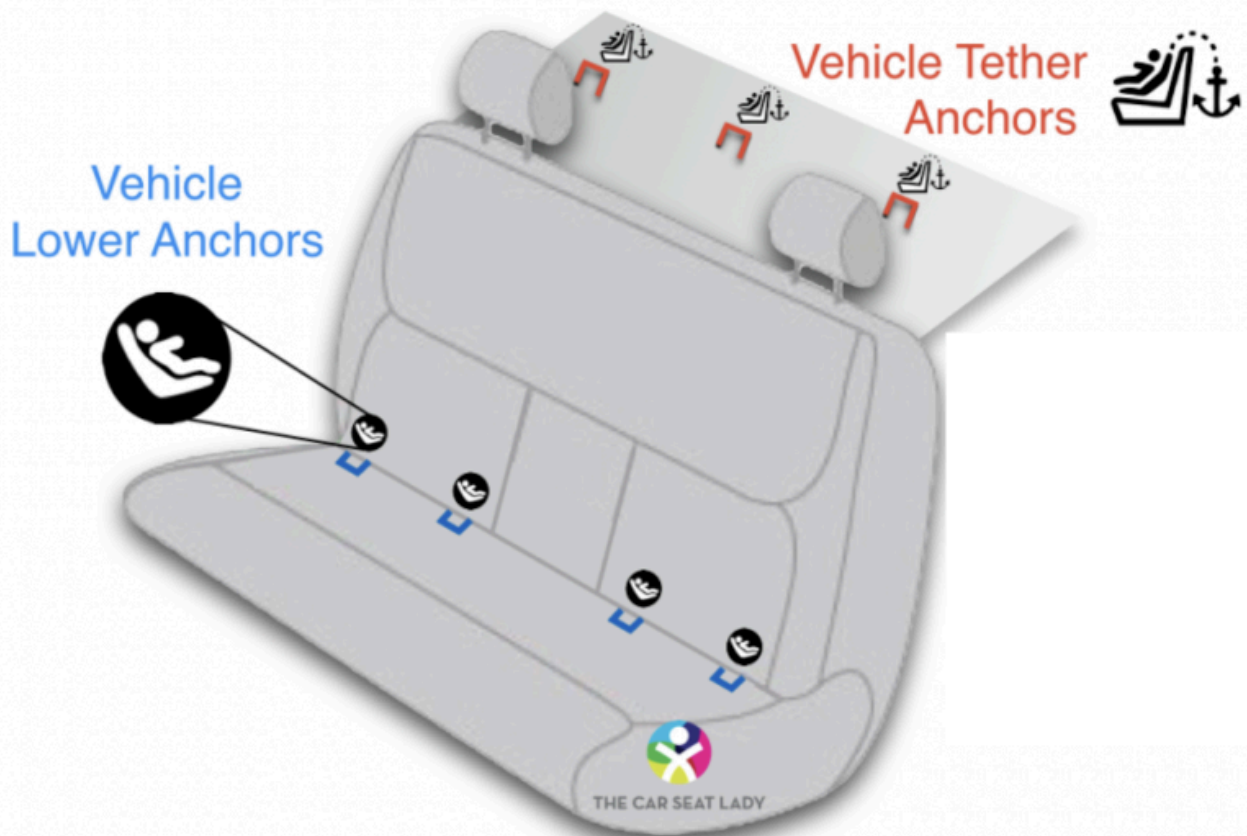


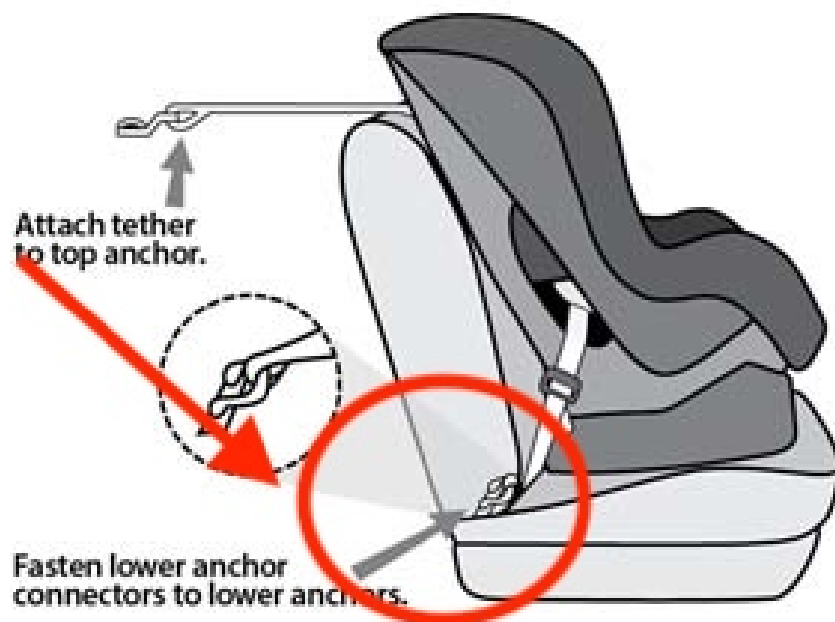


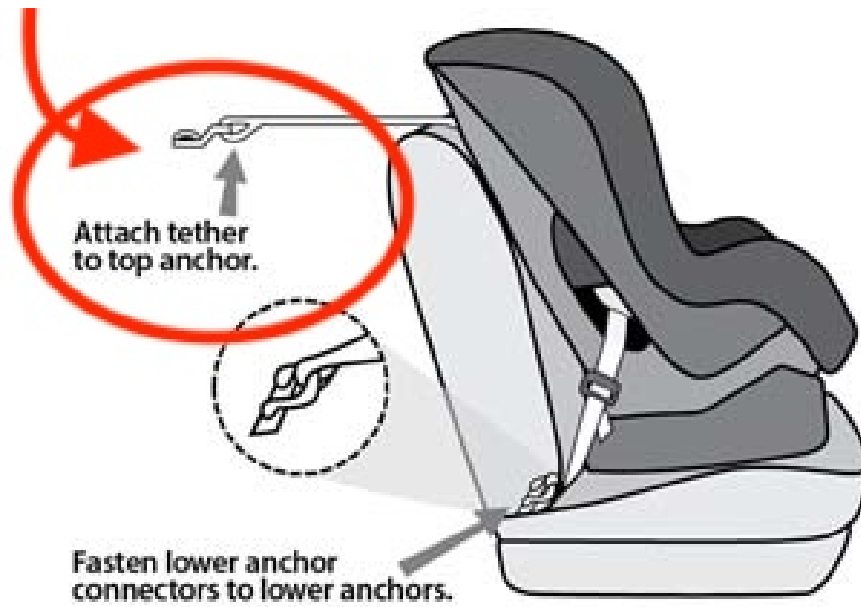




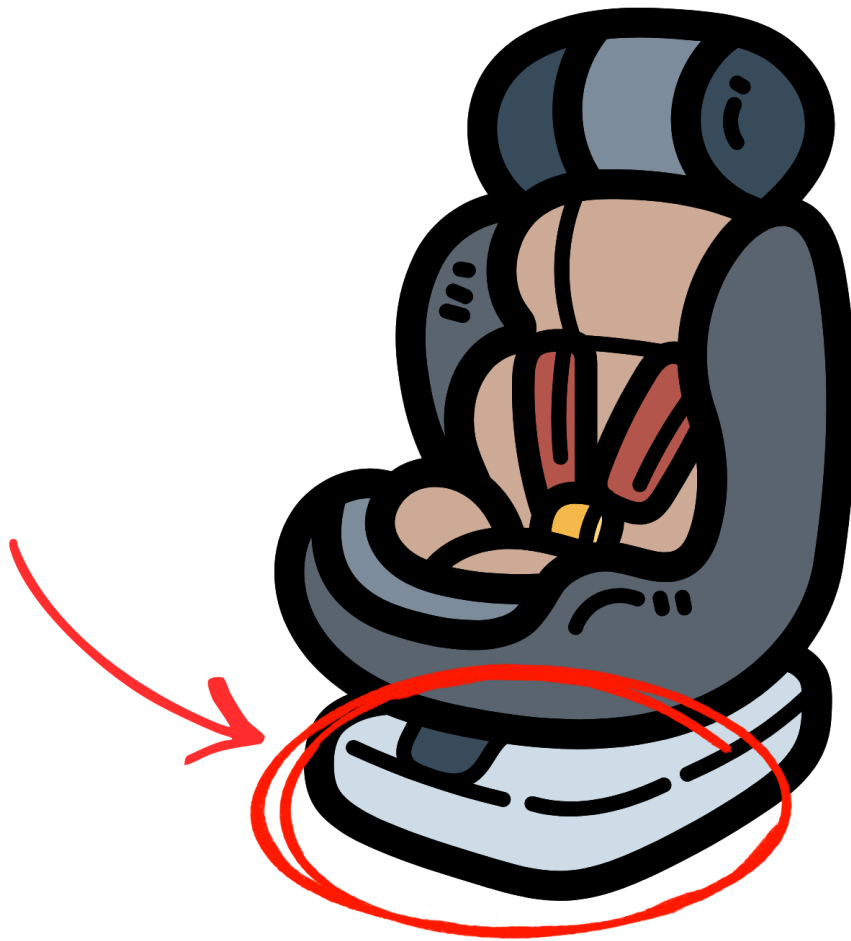
LATCH = **L**ower **A**nchors and **T**ethers for **C**hildren





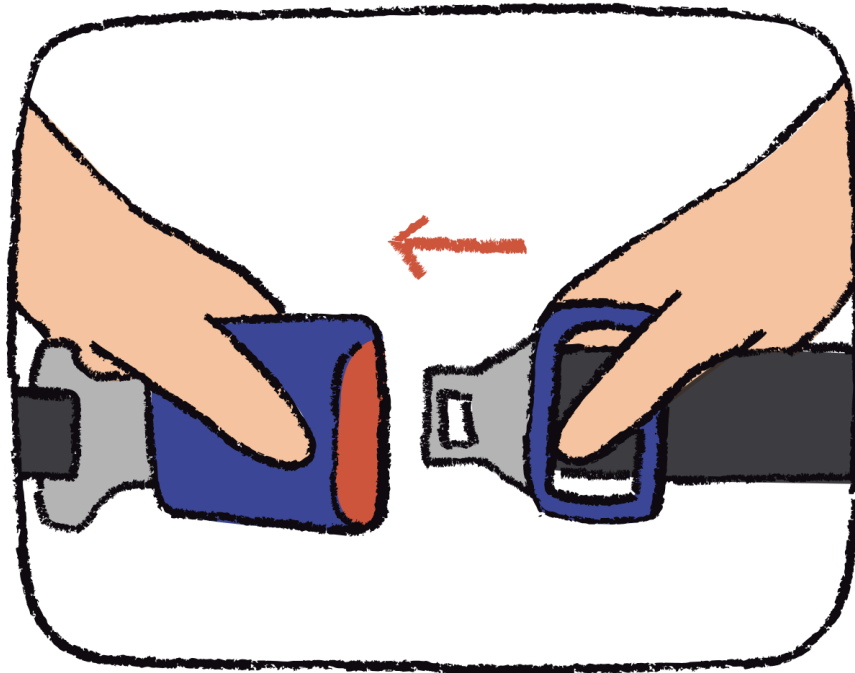














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Short Targeted and Timely

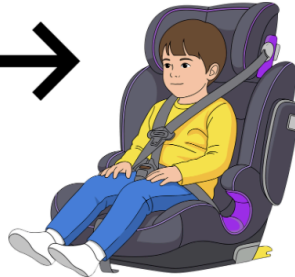
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2



3

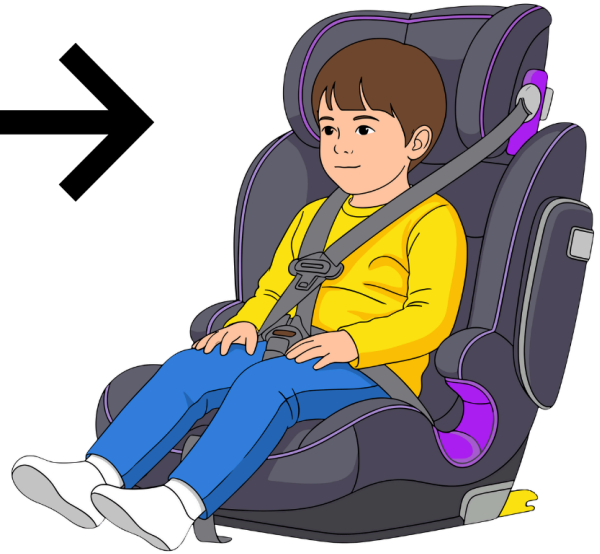
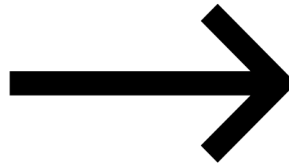


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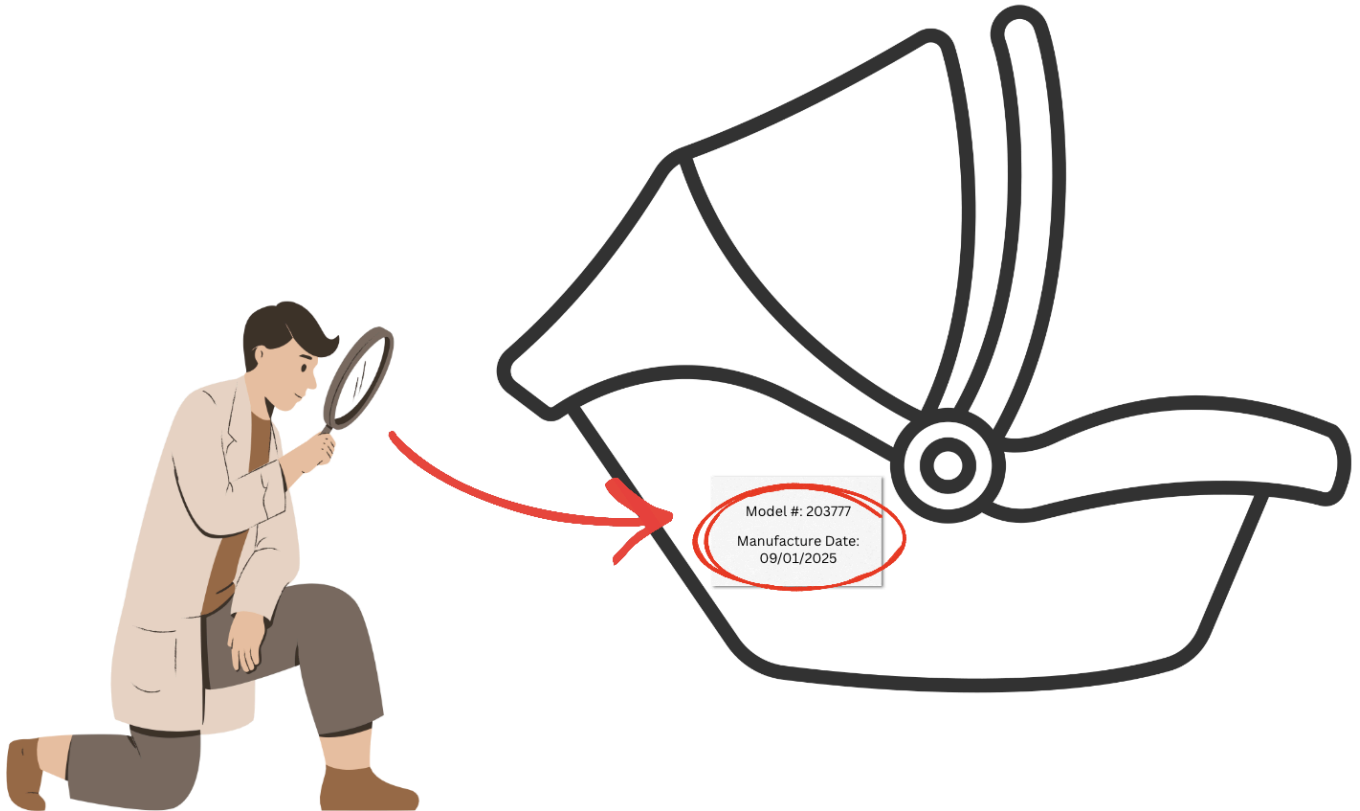














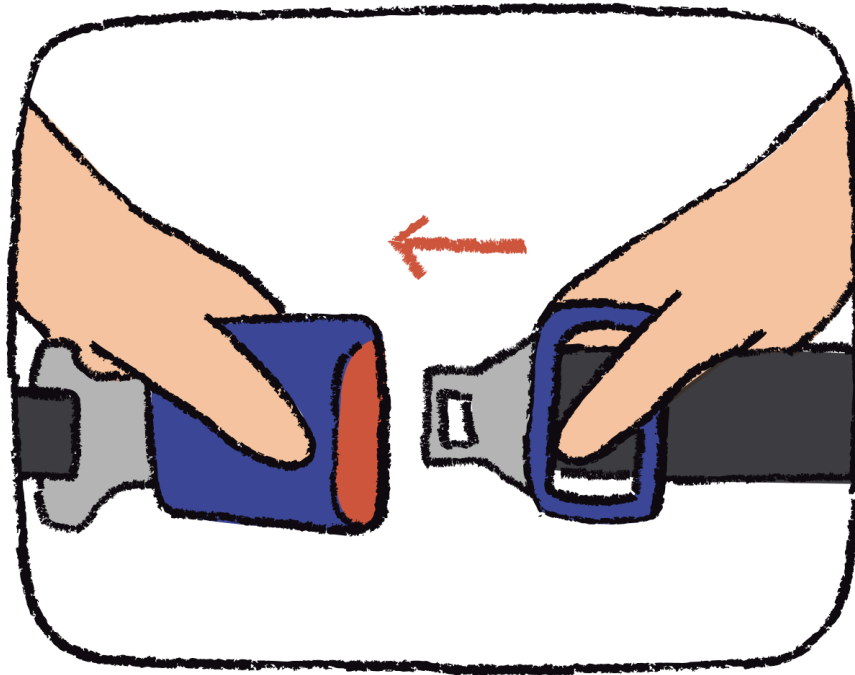




BUCKLE UP



**IT'S
OUR
LAW**

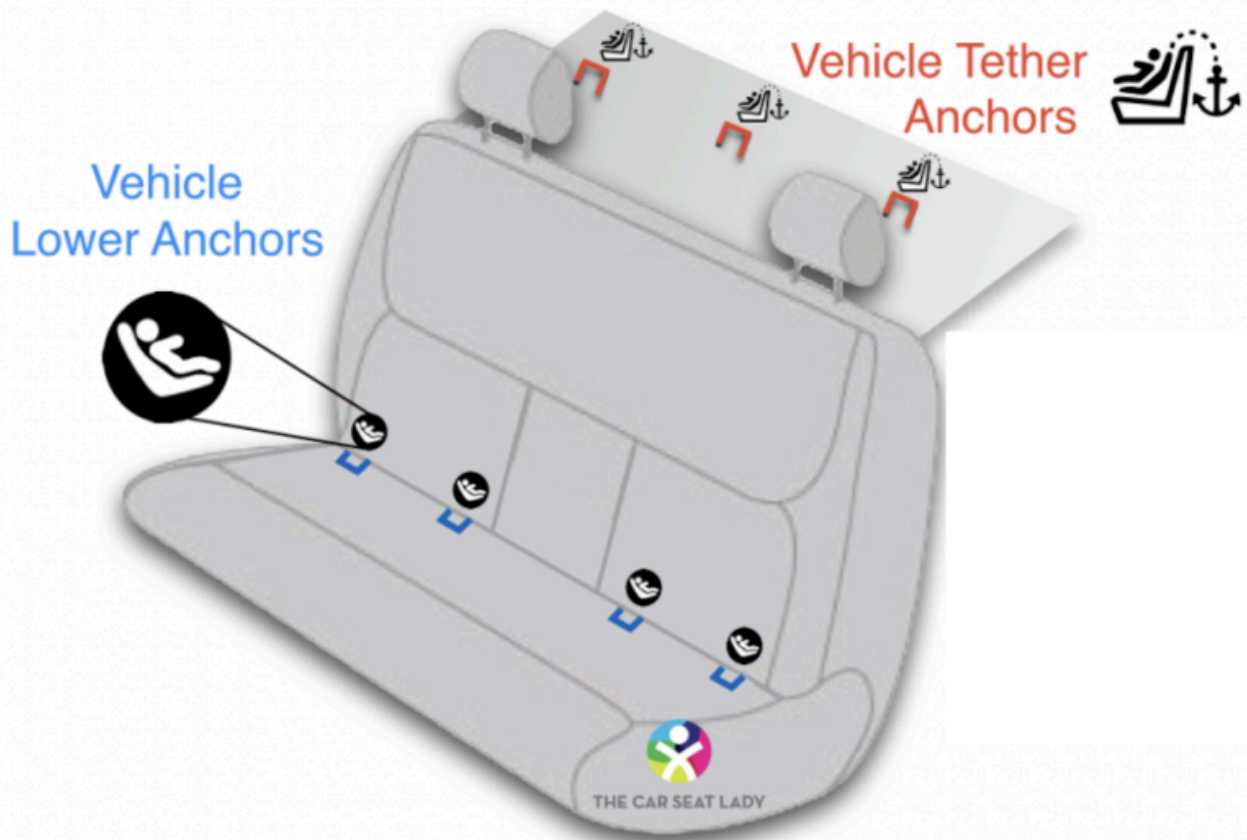


STAT

Short Targeted and Timely



LATCH = **L**ower **A**nchors and **T**ethers for **C**hildren





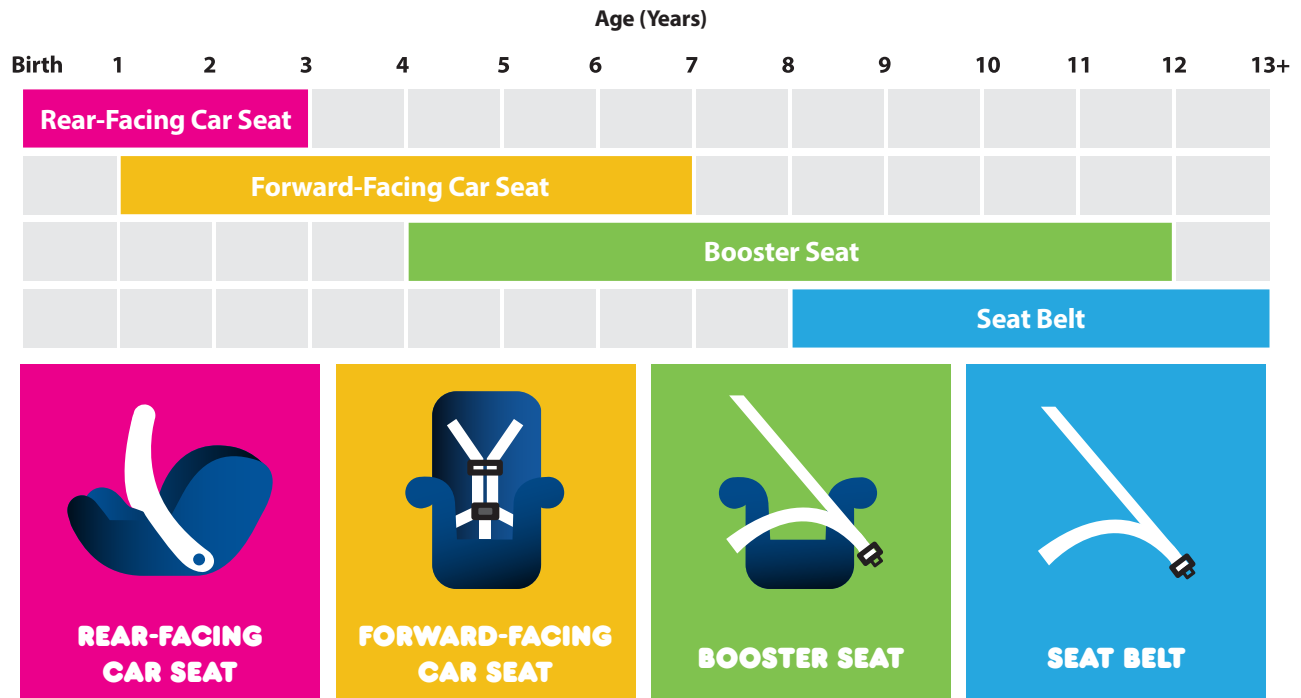






Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.



- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

Rear-Facing Car Seat



Birth – 12 Months

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats:

- Infant-only seats can only be used rear-facing.
- Convertible and All-in-One car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.



1 – 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

Forward-Facing Car Seat



1 - 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.



4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

Booster Seat



4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



8 - 12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

Seat Belt



8 - 12 Years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

NHTSA.gov/TheRightSeat



U.S. Department of Transportation
National Highway Traffic Safety Administration



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Car Seat Safety Checkup: 10 Questions to Consider

As a parent, keeping your child safe is always a top priority—especially when you're on the road. Choosing the right car seat, and using it correctly (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>), makes a big difference.

Use these tips from the American Academy of Pediatrics to make sure your child's car seat provides proper protection in a crash.



✓ Does your car have air bags?

- Never place a rear-facing car seat (</English/safety-prevention/on-the-go/Pages/How-to-Install-A-Rear-Facing-Car-Seat-Video.aspx>) in the front seat of a vehicle that has a front passenger air (</English/safety-prevention/on-the-go/Pages/Air-Bag-Safety.aspx>) bag. If the airbag inflates, it will hit the back of the car seat, right where your baby's head rests. This impact could cause serious injury or death.
- The safest place for all children younger than 13 years to ride is in the back seat, regardless of weight and height.
- If an older child must ride in the front seat, a child in a forward-facing car seat (</English/safety-prevention/on-the-go/Pages/How-to-Install-a-Forward-Facing-Car-Seat-Video.aspx>) with a harness may be the best choice. Be sure you move the vehicle seat as far back from the dashboard (and air bag) as possible.

✓ Is your child facing the right way for weight, height and age?

- All infants and toddlers should ride in a rear-facing car safety seat for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer. Most infants will outgrow rear-facing-only car seats by length long before they reach the maximum weight limit. When infants outgrow a rear-facing-only seat, they should use a rear-facing convertible seat. Most convertible seats have limits that will allow children to ride rear facing for 2 years or more.
- When a child exceeds the rear-facing weight or height limit for their convertible car safety seat, they should use a forward-facing seat with a harness for as long as possible--up to the highest weight or height allowed by their car safety seat manufacturer. Most car seats can accommodate children up to 65 pounds or more.

✓ Is the harness snug?

- Harness straps should fit snugly against your child's body. Check the car seat instructions to learn how to adjust the straps.

- Place the chest clip at armpit level to keep the harness straps secure on the shoulders.

✓ Does the car seat fit correctly in your vehicle?

- Not all car seats fit properly in all vehicles.
- Read the section on car seats in the owner's manual for your car.

✓ Should you use the LATCH system?

- Car safety seats may be installed with either the vehicle's seat belt (/English/safety-prevention/on-the-go/Pages/Seat-Belts-for-Older-Children-Teens-Video.aspx) seat belt or its LATCH (lower anchors and tethers for children) system. Both systems are equally safe. So caregivers should use one or the other, whichever works best for them, their car safety seat and their vehicle.

In general, caregivers should use only 1 of the 2 options, unless the car safety seat and vehicle manufacturers say it is OK to use both systems at the same time.

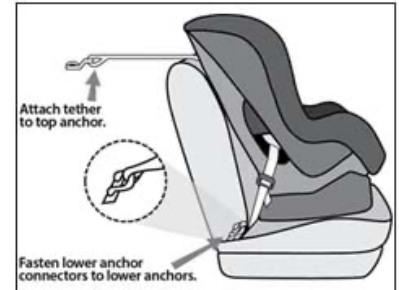


Figure 1. Car safety seat with LATCH.

- Vehicles with the LATCH system have anchors located in the back seat, where the seat cushions meet. All car seats have attachments that fasten to these anchors. Nearly all passenger vehicles made on or after September 1, 2002, are equipped to use LATCH. All lower anchors are rated for a maximum weight of 65 pounds (total weight includes car seat and child). Check the car seat manufacturer's recommendations for the maximum weight a child can be to use lower anchors. New car seats have the maximum weight printed on their label.
- The top tether improves safety provided by the seat. Use the tether for all forward-facing seats. Check your vehicle owner's manual for the location of tether anchors. Always follow both the car seat and vehicle manufacturer instructions, including weight limits, for lower anchors and tethers. Remember, weight limits are different for different car seats and different vehicles.

✓ Should you use a top tether?

The top tether does a great job of improving safety provided by the car seat. Use the tether for all forward-facing seats up to the highest weight allowed by your vehicle and the manufacturer of your car safety seat. Your vehicle owner's manual will tell you how to find the location of tether anchors. Remember, weight limits are different for different car safety seats and different vehicles. So, it is important to check both the car safety seat and vehicle manufacturer instructions for lower anchors and tethers.



Figure 2. Rear-facing-only car safety seat.

✓ Is the seat belt or LATCH strap in the right place and pulled tight?

- Route the seat belt or LATCH strap through the correct path for the car safety seat. Convertible seats have different belt paths for when they are used rear facing or forward facing (check your instructions to make sure).
- If you install the car seat using your vehicle's seat belt, you must make sure the seat belt locks to keep a tight fit. In most newer cars, you can lock the seat belt by pulling it all the way out and then allowing it to retract to keep the seat belt tight around the car seat. Many car seats have built-in lock-offs to lock the belt. Check your vehicle

owner's manual and car seat instructions to make sure you are using the seat belt correctly.

- Pull the belt tight. Apply weight into the seat with your hand while tightening the seat belt or LATCH strap. When the car seat is installed, be sure it does not move more than an inch side to side or toward the front of the car.

✓ Has your child outgrown the forward-facing seat?

- All children whose weight or height is above the forward-facing limit for their car seat should use a belt-positioning booster seat until the vehicle seat belt fits properly. While this is typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age, every kid is different. It is important to make sure to check how a seat belt fits your child in each car they will be riding in.
- A seat belt fits properly when the shoulder belt lies across the middle of the chest and shoulder, not the neck or throat; the lap belt is low and snug across the upper thighs, not the belly; and the child is tall enough to sit against the vehicle seat back with their knees bent over the edge of the seat without slouching and can comfortably stay in this position throughout the trip.



Figure 3. Convertible car safety seat used rear facing.

✓ Has the car seat been recalled?

- You can find out by calling the manufacturer or the National Highway Traffic Safety Administration (NHTSA) Vehicle Safety Hotline at 888/327-4236 or by going to the NHTSA Web site at NHTSA.gov (<https://www.nhtsa.gov/>).
- Follow the manufacturer's instructions for making any repairs to your car seat.
- Be sure to fill in and mail in the registration card that comes with the car seat. It will be important in case the seat is recalled.



Figure 5. Belt-positioning booster seat.

✓ Do you know the history of your child's car seat?

- Do not use a used car seat ([/English/safety-prevention/on-the-go/Pages/Used-Car-Safety-Seats.aspx](#)) if you do not know the history of the seat.
- Do not use a car seat that has been in a crash, has been recalled, is too old (check the expiration date or use 6 years from manufacture date if there is no expiration date), has any cracks in its frame or is missing parts.
- Make sure it has labels from the manufacturer and instructions. Keep the instructions with the car safety seat.



Figure 6. Lap and shoulder seat belt.

- Call the car seat manufacturer if you have questions about the safety of your seat.

Questions

If you have questions or need help installing your car seat, find a certified child passenger safety technician (CPST) by going to the National Child Passenger Safety Certification website at <http://cert.safekids.org> (<http://cert.safekids.org/>) and clicking on "Find a Tech."

More information

- Car Seats: Information for Families (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>)
- Car Seats: Product Listing (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Product-Listing.aspx>)
- Car Seats and Obese Children: Suggestions for Parents (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-and-Obese-Children-Suggestions-for-Parents.aspx>)

Figure 1 adapted from National Highway Traffic Safety Administration. *LATCH Makes Child Safety Seat Installation as Easy as 1-2-3*. DOT HS publication 809 489. Published March 2011. Accessed January 13, 2017.

Figures 2, 3, 4, 5, and 6 by Anthony Alex LeTourneau.

Last Updated 3/21/2025

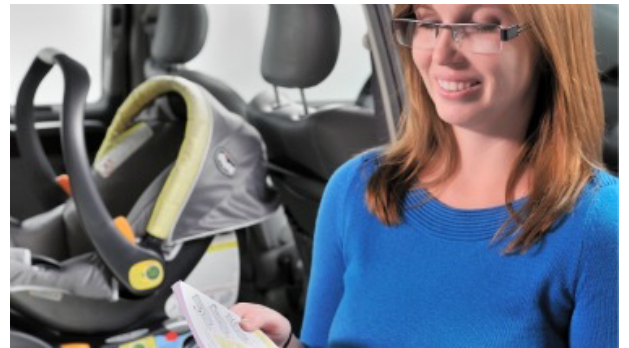
Source Adapted from Car Safety Seat Checkup (Copyright © 2024 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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Revisión del asiento de seguridad para automóvil

El uso correcto de los asientos de seguridad para el automóvil hace una gran diferencia. Incluso el asiento correcto para el tamaño de su hijo podría no protegerlo adecuadamente en un choque a menos que lo use correctamente. **A continuación le brindamos algunos consejos de la American Academy of Pediatrics (AAP).**



¿Su auto tiene bolsas de aire (airbags)?

- No coloque nunca un asiento de seguridad orientado hacia atrás (/Spanish/safety-prevention/on-the-go/paginas/rear-facing-car-seats-for-infants-toddlers.aspx) en el asiento delantero de un vehículo con airbag en el asiento del pasajero. Si la bolsa de aire (/Spanish/safety-prevention/on-the-go/paginas/air-bag-safety.aspx) (/Spanish/safety-prevention/on-the-go/paginas/air-bag-safety.aspx) se inflara, golpearía la parte trasera del asiento de seguridad, justo donde descansa la cabeza de su hijo, y podría ocasionar una lesión grave o la muerte.
- El lugar más seguro para que viajen todos los niños de menos de 13 años de edad es el asiento trasero.
- Si un niño mayor debe viajar en el asiento delantero, la mejor opción podría ser colocar al niño en un asiento de seguridad orientado hacia adelante, con un arnés. Asegúrese de que el asiento del vehículo esté lo más alejado posible del tablero (y de la bolsa de aire).

¿Su hijo está orientado hacia el lado correcto de acuerdo con su peso, altura y edad?

- Todos los bebés y los niños pequeños deben viajar en asientos de seguridad orientados hacia atrás hasta que tengan el máximo peso o estatura (altura) que permiten los fabricantes del asiento de seguridad. Cuando los niños sobrepasan la necesidad de los asientos orientados hacia atrás, deben y usar un asiento convertible orientado hacia atrás. La mayoría de los asientos convertibles le permiten a los niños viajar orientados hacia atrás por 2 años o más.
- Cualquier niño que haya sobrepasado el límite de peso o de estatura de su asiento orientado hacia atrás deberá usar un asiento de seguridad orientado hacia adelante con un arnés por el mayor tiempo posible, hasta que tengan el máximo peso y estatura permitidos por el fabricante del asiento de seguridad. Muchos asientos pueden ser usados por los niños hasta que pesen 65 libras (29,4 kg) o más.

¿El arnés está ajustado?

- Las correas del arnés deben estar ajustadas al cuerpo de su hijo. Consulte las instrucciones del asiento de seguridad para ver cómo ajustar las correas.

- El broche del pecho debe estar a la altura de la axila para mantener las correas del arnés seguras sobre los hombros.

¿El asiento de seguridad cabe y se ajusta correctamente en su vehículo?

- No todos los asientos de seguridad caben bien en todos los autos
- Lea la sección acerca de los asientos de seguridad en el manual del propietario de su automóvil.

¿Puede usar el sistema LATCH?

- El sistema de anclajes inferiores y correas de sujeción para niños (LATCH, por sus siglas en inglés) es un sistema de fijación de asientos de seguridad que se puede utilizar en lugar del cinturón de seguridad para instalar el asiento. Estos sistemas son igualmente seguros pero, en algunos casos, podría ser más fácil instalar el asiento de seguridad para el automóvil con el sistema LATCH.
- Los vehículos con el sistema LATCH tienen anclajes en el asiento trasero, en la unión entre los cojines. Todos los asientos de seguridad tienen amarras que se ajustan a estos anclajes. Casi todos los vehículos de pasajeros y todos los asientos de seguridad fabricados a partir del 1 de septiembre de 2002 están equipados para usar el sistema LATCH. Todos los anclajes inferiores están calificados para un peso máximo de 65 libras (29,5 kg) (el peso total incluye al asiento de seguridad y al niño). Verifique las recomendaciones del fabricante del asiento de seguridad en cuanto al peso máximo que puede tener un niño para usar los anclajes inferiores. Los asientos de seguridad para el automóvil nuevos tienen el peso máximo impreso en su etiqueta.
- La correa superior mejora la seguridad que ofrece el asiento. Utilice la correa para todos los asientos de seguridad orientados hacia adelante, incluso los instalados con el cinturón de seguridad del vehículo. Las correas de sujeción están detrás del asiento, ya sea en el panel detrás del asiento (en automóviles tipo sedán) o en el respaldo del asiento, techo o suelo (en la mayoría de las camionetas, SUV, autos de cinco puertas y camionetas pickup). Siga siempre las instrucciones de seguridad del asiento de seguridad y del vehículo, incluyendo los límites de peso, para los anclajes inferiores y las correas de sujeción. Recuerde que los límites de peso son diferentes para diferentes asientos de seguridad y diferentes vehículos.

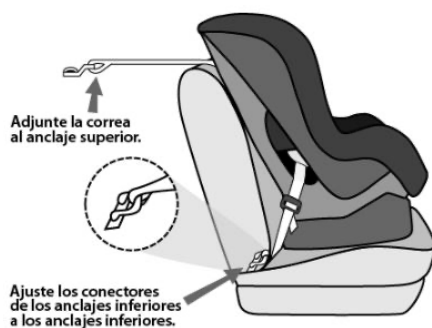


Figura 1: Asiento de seguridad para automóvil con sistema LATCH



Figura 2: Asiento de seguridad para automóvil solamente orientado hacia atrás.

¿El cinturón de seguridad o la correa LATCH están en el lugar correcto y suficientemente ajustado?

- Dirija el cinturón de seguridad o correa LATCH por el recorrido correcto. Los asientos convertibles tienen diferentes recorridos para los cinturones cuando son utilizados orientados hacia atrás o hacia adelante (consulte sus instrucciones para asegurarse).
- Ajuste el cinturón. Aplique peso al asiento con su mano mientras ajusta el cinturón o la correa LATCH. Cuando haya instalado el asiento de seguridad, asegúrese de que no se mueva más de una pulgada de lado a lado o hacia la parte delantera del auto.
- Si utiliza el cinturón de seguridad de su automóvil para instalar el asiento de seguridad, debe asegurarse de que el cinturón de seguridad se tranque bien y se mantenga ajustado. En la mayoría de los automóviles nuevos puede trancar el cinturón de seguridad extendiéndolo por completo primero y permitiendo que se retraiga para que se mantenga ajustado alrededor del asiento de seguridad. Muchos asientos de seguridad tienen trabas incorporadas para trabar el cinturón. Consulte el manual del propietario para asegurarse de estar instalando el asiento correctamente.
- Lo mejor es usar el anclaje incluido con el asiento de seguridad hasta el peso máximo admitido por su vehículo y el fabricante de su asiento de seguridad. Consulte el manual del propietario del automóvil y las instrucciones del asiento de seguridad para saber cómo y cuándo usar las correas y anclajes inferiores.



Figura 3: Asiento de seguridad para automóvil utilizado hacia atrás.

¿Su hijo es demasiado grande para el asiento que mira hacia adelante?

- Todos los niños cuyo peso o estatura estén por encima del límite de sus asientos orientados hacia adelante deben

utilizar una silla elevadora ajustada con el cinturón hasta que el cinturón de seguridad del vehículo les quede bien, lo que suele suceder cuando alcanzan los 4 pies y 9 pulgadas de estatura (1,45 m) y tienen entre 8 y 12 años de edad.

- Los cinturones de seguridad se ajustan bien cuando la correa del hombro cruza la mitad del pecho y el hombro (no el cuello ni la garganta), la correa de regazo está baja y queda ajustada a través de la parte superior de los muslos (no la barriga) y el niño tiene la estatura suficiente como para que al sentarse contra el respaldo del asiento del automóvil con las rodillas flexionadas sobre el borde del asiento sin encorvarse y puede quedar sentado cómodamente en esta posición durante el viaje.

¿Tiene las instrucciones del asiento de seguridad?

- Respételas y guárdelas junto al asiento de seguridad.
- Mantenga a su hijo en el asiento de seguridad hasta que llegue al límite de peso o altura fijado por el fabricante. Siga las instrucciones para determinar si su hijo debe viajar en un asiento orientado hacia delante o hacia atrás, y si instalar el asiento utilizando el sistema LATCH o el cinturón de seguridad del automóvil.



Figura 5: Silla elevadora ajustable con el cinturón de seguridad.

¿Han retirado del mercado el asiento de seguridad?

- Puede averiguarlo llamando al fabricante o a la línea gratuita directa de seguridad vehicular de la Administración Nacional de Seguridad del Tránsito en Autopistas (National Highway Traffic Safety Administration, NHTSA) al 888/327-4236. También puede visitar el sitio web de la NHTSA en www.safercar.gov (<http://www.safercar.gov/>).
- Respete las instrucciones del fabricante para reparar su asiento de seguridad para el automóvil
- Asegúrese de completar y enviar por correo la tarjeta de registro que se suministra con el asiento de seguridad. Será importante en caso de que deba retirarse el asiento del mercado



Figura 6: Cinturón de seguridad de regazo y hombros.

¿Conoce la procedencia del asiento de seguridad de su hijo?

- No utilice un asiento de seguridad usado si no conoce su procedencia.
- No utilice un asiento de seguridad que haya estado en un choque, que haya sido retirado del mercado, que sea demasiado viejo (consulte la fecha de vencimiento o, si no la tuviera, úselo durante 6 años a partir de la fecha de fabricación), que tenga rajaduras en el marco o al que le falten piezas.
- Asegúrese de que tenga las etiquetas del fabricante y las instrucciones.
- Llame al fabricante del asiento de seguridad si tiene preguntas acerca de la seguridad de su asiento.

¿Tiene preguntas?

Si tiene preguntas o necesita ayuda para instalar su asiento de seguridad para automóvil, busque a un técnico en seguridad de los niños pasajeros (CPST, por sus siglas en inglés).

- NHTSA Parents Central (<http://www.safercar.gov/parents/index.htm>)
- SeatCheck (<http://www.seatcheck.org/>)
- National Child Passenger Safety Certified Technicians (<http://cert.safekids.org/>)

Información adicional:

- Asientos de seguridad para automóvil: una guía para las familias (/Spanish/safety-prevention/on-the-go/Paginas/car-safety-seats-information-for-families.aspx)
- Lista actualizada de asientos de seguridad para automóvil (/Spanish/safety-prevention/on-the-go/Paginas/car-safety-seats-product-listing.aspx)
- Asientos de seguridad para niños con sobrepeso u obesidad: sugerencias para los padres (/Spanish/safety-prevention/on-the-go/Paginas/Car-Safety-Seats-and-Obese-Children-Suggestions-for-Parents.aspx)

Figura 1 adaptada de: National Highway Traffic Safety Administration. LATCH Makes Child Safety Seat Installation as Easy as 1-2-3. 2011. DOT HS publication 809 489. Publicada en marzo de 2011. Acceso: Enero 13, 2017. Instrucciones para su instalación: https://www.safercar.gov/parents/CarSeats/pdf-carseat/English/LATCH_Installation.pdf (https://www.safercar.gov/parents/CarSeats/pdf-carseat/English/LATCH_Installation.pdf). (en inglés).

Figuras 2, 3, 5 y 6 por: Anthony Alex LeTourneau.

Última actualización 1/25/2019

Fuente Adapted from Car Seat Checkup (Copyright © 2019 American Academy of Pediatrics)

La información contenida en este sitio web no debe usarse como sustituto al consejo y cuidado médico de su pediatra. Puede haber muchas variaciones en el tratamiento que su pediatra podría recomendar basado en hechos y circunstancias individuales.

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