### Buckle Up to Grow Up!

**4 Steps for Kids**

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<th>Steps</th>
<th>Child Seat Type, Age/Weight/Height</th>
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| **STEP 1** Rear-facing | Infant-only seat  
Birth to at least 1 year and at least 20 lbs.*  
Babies usually outgrow these before age one. Move them to a rear-facing convertible seat (see below).  
Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system. | • Never use in a front seat where an air bag is present.  
• Tightly install child seat in back seat, facing the rear.  
• Child seat should recline at approximately a 45-degree angle.  
• Harness straps/slots at or below shoulder level.  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 2** Forward-facing | Convertible seat/rear-facing  
Birth to at least 1 year to at least 20 pounds*  
Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.  
*American Academy of Pediatrics recommends that babies ride rear facing in a convertible seat to the maximum rear facing weight limit 30-35 pounds. | • Never use in a front seat where an air bag is present.  
• Tightly install child seat in back seat, facing the rear.  
• Child seat should recline at approximately a 45-degree angle.  
• Harness straps/slots at or below shoulder level.  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 3** Boosters | Convertible seat/forward-facing or forward-facing only or combination seat (seat later converts to booster seat).  
At least one year of age and at least 20 lbs. to 40 lbs.  
Seats should be secured in the back seat of the vehicle by a safety belt or by the LATCH system.  
American Academy of Pediatrics recommends that children ride rear facing in a convertible seat to the maximum rear facing weight limit 30-35 pounds. | • Tightly install child seat in the back seat, facing forward.  
• Harness straps/slots at or above child’s shoulders (usually top set of slots for convertible child safety seats).  
• Harness straps snug on child; harness clip at armpit level. |
| **STEP 4** Seatbelts | Belt-positioning booster, backless or high back belt-positioning booster  
40 lbs to about 80 lbs., unless they are 4’9” (57”) tall.  
NEVER use with lap-only belts – belt-positioning boosters are always used with lap AND shoulder belts and in the back seat. | • Booster used with adult lap and shoulder belt in the back seat.  
• Shoulder belt should rest snugly across chest, rests on shoulder; and should NEVER be placed under the arm or behind the back.  
• Lap belt should rest low, across the lap/upper thigh area – not across the stomach. |
| | Vehicle lap and shoulder belt  
Over 4’9” (57”) tall. | • All children 12 and under should be in the back seat.  
• Child can sit with back against vehicle seat back.  
• Knees bend over the edge of vehicle seat.  
• Lap belt fits low and snug across thighs.  
• Shoulder belt crosses the collar-bone and center of chest. |

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For more information, call the UC Davis Health System Injury Prevention Program at **(916) 734-9799**
Child Passenger Safety
Fitting Stations
Please call to schedule an appointment

Sacramento County

CHP, North Sac, Liz Dutton ................................................................. (916) 338-6710
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CHP, Downtown Sac, Capitol, Tim Jones ......................................... (916) 322-3337
CHP, Valley Division Office, Tamara Du Temple ......................... (916) 464-2090
Elk Grove Fire Department, Jennifer Rubin ................................. (916) 405-7114
Mercy San Juan Medical Center, Julie Brown ............................ (916) 864-5779
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Sacramento Police Department, South Area, Steve Womack ....... (916) 277-6001
UC Davis Medical Center, Cathy Morris ...................................... (916) 734-9784
Children w/Special Needs, UC Davis Medical Center, Roxanne Woods .... (916) 734-9798
AAA Office, Greenhaven/Elk Grove, Ama Ngissah ....................... (916) 478-7519
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AAA Office, Sacramento, Amy Chaverri .................................... (916) 379-1343

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Placer County CDF (Auburn), On duty .......................................... (530) 823-4155
Rocklin Fire Department, On Duty Battalion Chief .................. (916) 625-5300
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AAA Office, Roseville, Citrus Heights, Antelope, Lincoln, Marie Punzal ...... (916) 721-2609

El Dorado County

AAA Office Placerville, Debbie Tidwell ........................................ (530) 295-6614
El Dorado County Health, Veronica Bernal-Strauss ................... (530) 621-6105
El Dorado Hills Fire Department, Carmen Stiern ......................... (916) 933-6623

Yolo County

CHP, Woodland, Phil Gruidl ......................................................... (530) 662-4685
City of Davis Police Department, Chris Litza............................... (530) 747-5419
City of West Sacramento Fire Department, Fire Admin ............... (916) 617-4600
Woodland Police Department, LaDonna Williams ...................... (530) 662-4685
Yolo County Health Department, Lucille Villalobos ................. (530) 666-8610