

Information Concerning Kids and Cars from "The Car Seat Lady"

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I came across an informative video clip today by Dr. Alisa Baer, also known as The Car Seat Lady. Dr. Alisa Baer explains the 5 key steps outlined in the new American Academy of Pediatrics (AAP) Car Seat Recommendations. These new guidelines were published on March 21, 2011. It is important that you have the most up to date information to keep your child as safe as possible in the car.

The basic break down of these new guidelines is a 5 step tier system. Step one is **"Rear-facing."** This tier is the safest for infants and toddlers in a car seat because it best protects from brain and spinal injury in the event of a crash. This step is recommended until a child reaches the age of at least 2 years old. Note that children 12 years or younger should always ride in the back seat of a car. Step two is **"Forward-facing"** in a car seat. Step three is a **"Booster Seat."** Step four is forward facing in the back seat with a **"Shoulder/Lap Belt."** Step five is the **"Front Seat"** with a shoulder/lap belt. This fifth step is the least safe for your child and should not be rushed into.

In this video, Dr. Baer explains all of the new recommended steps and their safety aspects, including proper car seat and seat belt placement and car seat harnessing, along with helpful graphics.

To watch the video click this link: <http://vimeo.com/21282791>. You can also get more information from The Car Seat Lady at www.thecarseatlady.com.