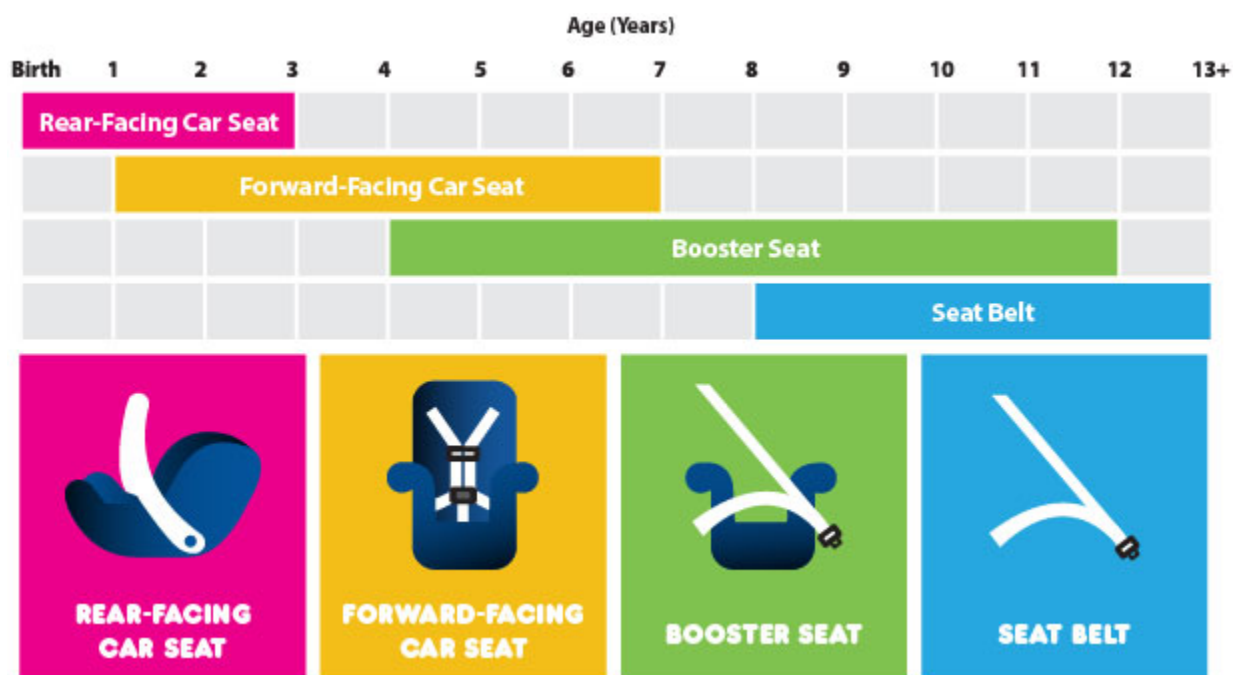


## Car Seat Recommendations for Children



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 or [print out this PDF \(350 KB\)](#).

- [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.

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### 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.

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## **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.

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## **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 snugly 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.

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## 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 snugly 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.

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## Related Resources

- [Car Seat Glossary of Terms](#)
- [NHTSA's Car Seat Recommendations for Children](#)
- [When Is My Child Ready to Use a Seat Belt?](#)
- [If You're Pregnant: Seat Belt Safety and Other Tips](#)
- [Used Car Seat Safety Checklist](#)
- [Car Seat Use After a Crash](#)
- [Parents' Guide on Child Safety in and Around Cars \(PDF 1.8 MB \)](#)



# RU AND YOUR CHILD SAFE?

COME FOR A **FREE**  
CAR SEAT INSPECTION

Rutgers Emergency Services Station  
129 Davidson Road  
Piscataway, New Jersey  
Busch Campus

**Thursdays** 3:00 pm - 7:00 pm

**Saturdays** 8:30 am - 12:00 pm

No appointment necessary



**RUTGERS**  
THE STATE UNIVERSITY  
OF NEW JERSEY

For more information about our **FREE**  
Child Seat Safety Inspections  
CALL 848-932-1368  
or email [carseat@aps.rutgers.edu](mailto:carseat@aps.rutgers.edu)

# DIRECTIONS:

**ROUTE 18 NORTH:** Follow Route 18 North to the exit for “Metlars Ln/Rutgers RAC/Livingston Campus.” At the traffic light, turn left onto Davidson Rd. Bear left on Davidson Rd (follow sign to RT-18 South/New Brunswick). Continue straight through traffic light 0.4 miles. Make the 5<sup>th</sup> left onto Titsworth Pl; the station is on your left.

**NEW JERSEY TURNPIKE:** Turn off at Exit 9, bear right after the tollbooths and follow signs for “Route 18 North - New Brunswick.” Stay to the left to continue on Route 18 North. Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Follow directions from Route 18 North above.

**GARDEN STATE PARKWAY SOUTHBOUND:** Turn off at Exit 129 for the New Jersey Turnpike and head south. Follow directions from the New Jersey Turnpike above.

**GARDEN STATE PARKWAY NORTHBOUND:** Turn off at Exit 105 and follow signs for Route 18 North. After approximately 27 miles you will cross the Raritan River. Follow directions from Route 18 North above.

**US ROUTE 1:** Turn off at exit marked “Route 18 North-New Brunswick.” Proceed along Route 18 North, crossing the Raritan River (approximately 3.7 miles). Follow directions from Route 18 North above.

**INTERSTATE 287:** Turn off at Exit 9 “Bound Brook/Highland Park.” Proceed East on River Rd toward Highland Park. Continue on River Rd and you will pass under the overpass for Route 18. Make the next left onto Route 18 North. Follow directions from Route 18 North above.