

TRAVEL SAFE: PRETERM INFANTS

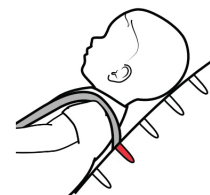


What Type of Car Seat to Use

- Choose an infant-only or convertible car seat with a 5-point harness. Your baby must meet the minimum height and weight requirements, and the harness must fit according to car seat manual instructions.
- Choose a car seat with multiple harness and crotch strap positions that includes a front adjust harness.
- Only use accessories that came with your car seat. See the car seat manual for guidance.
- Never use an expired car seat or a seat that's been in a crash.

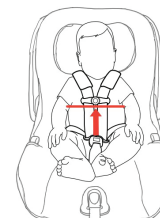
How to Position Your Baby in a Rear-facing Car Seat

- Position your baby with their buttocks and back against the back of the car seat. The harness height should be at or below their shoulders. The crotch strap should be positioned at your baby's crotch so your baby doesn't slide forward within the seat.
- Buckle your child and tighten the harness. The harness should be tight enough that you can't pinch the webbing at your baby's shoulders. Move the chest clip to armpit level, **not** on the belly or neck.
- Never place your baby in their car seat wearing a bulky jacket. To keep them warm, place a blanket over their harnessed body, avoiding their face.



Installing Your Car Seat

- Before installing the baby's car seat, read your car seat and vehicle manuals.
- Recline the car seat using the built-in indicators and angle adjusters to achieve the proper angle. Refer to your car seat manual for additional guidance.
- Never add accessories, such as seat protectors or mirrors, unless allowed by the vehicle and car seat manufacturers.



Car Seat Screening

A car seat tolerance screening is performed to monitor your baby's heart rate, breathing and oxygen level while sitting semi-reclined. During the screening, your baby will sit in your car seat for 90–120 minutes. If they don't pass the screening, a second screening will be performed. If the second screening is failed, your doctor may recommend a car bed, which allows baby to lie flat while traveling, until a semi-reclined car seat can be tolerated.

A car seat screening may be required for:

- Infants less than 37 weeks' gestation
- Infants of any age who might not tolerate sitting in a semi-reclined position, such as in a rear-facing car seat
- Infants at risk for bradycardia, oxygen desaturation or apnea



Additional Travel Safety Tips

- If your baby has special healthcare needs, an adult should sit in the rear seat to monitor baby and equipment.
- Portable medical equipment should be secured and have enough battery for at least twice the length of your car ride.
- Limit the length of time spent in the car seat. Take breaks every two hours to remove them from the car seat.



Scan the QR code or visit
www.chop.edu/car-seat-checks for
personalized help with your car seat.

To learn more about car seats or CHOP's
Injury Prevention Program, contact
267-426-5000 or visit www.chop.edu/carseat