



Dartmouth
Health Children's

STAGE 4

Seat Belt

Car Seat Safety Information
for Parents & Caregivers



**SAFE
K:DS**
NEW HAMPSHIRE



1 (877) 783-0432
beseatsmartNH.org

Children must ride in the back seat until they are at least 13 years of age.

Use these tips to ensure children are safe and secure.

It's time to take the 5 STEP TEST when children outgrow their booster seats, the belt fits them properly AND they are at least 8 years old.

5 STEP TEST for Proper Belt Fit

- + Does the child sit all the way back against the vehicle's seat?
- + Is the lap belt below the stomach, touching the thighs?
- + Is the shoulder belt centered on the shoulder and chest?
- + With feet on the floor, do the child's knees bend comfortably at the edge of the vehicle's seat?
- + Can the child stay seated like this for the whole ride?

If the answer is "no" to any of these questions, the child needs a booster seat in order for the shoulder belt and the lap belt to fit properly and provide the best crash protection.

Adults should set a good example and buckle up too. This will keep your child safe from others who are not belted during a crash.

