



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET READY. STAY READY

## Emergency Tip of the Month



According to the American Academy of Pediatrics, also known as AAP, motor vehicle crashes are the leading cause of death in children ages 4 or older. New research has prompted the AAP to update their recommendations for car seats and booster seats.

Here are some of updates from AAP:

- Parents should keep their toddlers in rear-facing car seats until age 2, or until they reach the maximum height and weight for their seat.
- Most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years of age.
- Children should ride in the rear of a vehicle until they are 13 years old.

Remember to update your families on the new recommendations as well.

FOR MORE INFORMATION ON BOOSTER OR CAR SEAT SAFETY, CONTACT THE YMCA  
CHILDCARE RESOURCE SERVICE AT 1.800.481.2151 OR VISIT [WWW.AAP.ORG](http://WWW.AAP.ORG).