

# Parents Page

JUNE 2018

## Is Your Child in the Right Car Seat?

How to know for sure:

 <p><b>REAR-FACING CAR SEAT</b></p> <p>Babies and toddlers need to ride rear-facing as long as possible.</p> <p>Keep children rear-facing until they are at least two years old, or until they reach their car seat's height or weight limits. Convertible and 3-in-1 car seats usually have higher height and weight limits for rear-facing (compared to infant-only seats) so you can keep your child rear-facing longer.</p>	 <p><b>FORWARD-FACING CAR SEAT</b></p> <p>Use a forward-facing seat with a harness when your child outgrows the rear-facing seat.</p> <p>When you child outgrows the rear-facing seat, he/she should ride in a forward-facing seat with a harness up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash.</p>	 <p><b>BOOSTER SEAT</b></p> <p>Children are ready for a booster when:</p> <ul style="list-style-type: none"> <li>• They reach the limits for the forward-facing car seat with a harness, or</li> <li>• Their shoulders grow above the car seat top harness slot, or</li> <li>• Their ears are at the top of their car seat.</li> </ul> <p>Boosters help keep the seat belts in the safest position. The top belt stays low, touching the tops of the legs. The shoulder belt is centered on the shoulder and chest, so children don't put it behind their backs or under their arms.</p>	 <p><b>SEAT BELT</b></p> <p>Is your child ready to ride on the seat?</p> <ul style="list-style-type: none"> <li>• Can your child sit with his hips against the back of the seat?</li> <li>• Do her knees bend comfortably at the edge of the seat?</li> <li>• Does the belt cross the center of your child's shoulder and is the lap belt low, touching the tops of your child's legs?</li> <li>• Can your child sit like this the entire trip?</li> </ul> <p><i>If you answered "no" to any of these questions, your child needs to keep using a booster.</i></p>
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• The back seat is the safest place. Children should ride in the back seat until they are 13 years old.
• Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

• Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.
• Seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.

### SUMMER SAFETY

**WEAR A HELMET!**  
every bike ride, every time

**USE SUNSCREEN!**  
at least SPF15, 30 min. before going out

**WEAR EYE PROTECTION!**  
when helping with yardwork or mowing

**LIFE JACKETS ON BOATS\***  
\*even for really strong swimmers!

**HIKE, BIKE, SWIM, EXPLORE**  
ALWAYS with a friend, NEVER alone

**BEAT THE HEAT!**  
bring and drink water, wear hats, seek shade, and check for ticks if in the woods

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# FAMILY FUN DAY

**Saturday, June 16th**  
**11 am - 3 pm**  
**John Day City Park**

**Purchase wristbands at Families First NOW!**



- **POOL OPEN - NO CHARGE!** (from 11-2:00)
- Arts, Crafts & Activity Booths (some a minimal cost)
- Free Dental Screens
- **\$1** Hamburgers & Hot Dogs
- Kid's Bike Helmets (bring your old one or \$6 each)
- **\$5** for All Day or \$20 per family (waterslide, ninja warrior race, bounce house and GAGA ball)
- FREE SNOCONES
- IF YOU NEED A FREE FAMILY FUN PASS TO BE ABLE TO ENJOY THIS EVENT CALL 541-575-1006

**VOLUNTEERS WANTED!**

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