



STATE OF DELAWARE  
OFFICE OF HIGHWAY SAFETY  
[www.ohs.delaware.gov](http://www.ohs.delaware.gov)

Newsletter Article

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### What is the right seat for my child?

As technology in child passenger safety evolves...that answer is every changing. In short, the 'best' car seat is the one that fits your child, fits your vehicle and one you will use every time your child is in the car. The National Highway Traffic Safety Administration has guidelines to make that answer easier for parents.

- **Under the age of 1** – Children must always ride rear facing.
- **Ages 1 through 3** – Keep your children rear facing for as long as possible in either an infant or rear facing convertible seat. They should remain rear facing until the height and weight limit for rear facing use on that seat has been reached. This may result in many children riding rear-facing to age 2 or older.
- **Ages 4 through 7** – Keep children in a forward facing seat with a harness to the maximum height and weight limit allowed by the seat. Then transition them to a booster seat.
- **Ages 8 through 12** – Keep children in a booster seat until they either exceed the height/weight requirement for remaining in a booster seat or until they are big enough to fit the criteria for fitting appropriately in a seat belt. The shoulder belt should lie across the shoulder and chest, not cross the neck or face, and the lap belt must lie across the upper thighs not the stomach.

It is worth it to take a few minutes to make sure that your child is in the appropriate seat for their size. OHS offers free fitting, installation, and inspections statewide. Schedule an appointment with a certified technician at a car seat fitting station near you. Go to [www.OHS.delaware.gov/carseats](http://www.OHS.delaware.gov/carseats) or call OHS at 302.744.2740 for a location near you.

**Buckle Up. Arrive Alive DE.**