


car seat Safety

Baby car seats are designed to keep your baby safe and secure for the car journey **ONLY** and should not be used as an alternative place for babies to sleep/nap - avoid as much as possible.

'Positional asphyxia' can occur when a baby slouches down or forward in a car seat or infant rocker and their airway closes. Newborns and young infants don't have the neck strength to lift their heads and breathe.

Research suggests supervision by another adult and frequent breaks to car journeys as premature, small and low birth weight babies have a greater risk.

A baby is sitting in a red and black car seat, smiling. A speech bubble above the baby contains text.

Take me out of the car seat when the journey is over... even if I'm sleeping

IMPORTANT:

Take regular breaks when travelling distances, this gives your baby a chance to move out of their car seat and helps keep the driver alert.

Don't let your baby get too hot in the car