

Important Tips

- Don't rush to move your child up from one stage to the next. As long as they are still in the right weight/height range of the seat itself, they are safest in that seat.
- A snug harness means that only one finger should be able to fit between the harness and your child at the collarbone.
- Some child seats can even be used for more than one stage. Read your car seat user guide for details (and to make sure you are using it correctly).
- By law, kids must be buckled-up in a seat or restraint made for their weight, height and age. Read your provincial/territorial law for details.
- If you are not sure that you have installed your child seat correctly, there may be a [car seat clinic](#) in your community where you can go to have it checked. Your local health centre or police station may be able to tell you where and when a clinic is being held in your area.
- Do not leave loose items in your vehicle during a trip, as they may hit and hurt someone in a sudden stop.
- Items that did not come with your new child seat (such as liners, trays or comfort straps) may not be safe to use. Contact the car seat manufacturer and ask if these items are safe to use with your new car seat.
- The safest place for children 12 and under is the back seat of your car.

When to replace a child seat

- Always replace a child seat that was in a car that had a crash. Even if your child wasn't in the child seat when the crash happened, the child seat could be damaged.
- Child seats have [expiry dates](#) – so make sure you replace yours when it expires.
- If the shell or materials on the seat are torn or damaged, replace the seat.