

Mayo Clinic Minute

Are you keeping your child as safe as possible in the car?

Video	Audio
Vivien Williams VO: Child getting strapped into rear-facing car seat	Research shows that car seats save lives.
Kim Lombard (00:20) Injury Prevention Coordinator Mayo Clinic	“We want to keep kids rear-facing as long as possible.”
	“This should be spaced in between those.”
Vivien Williams VO: Kim Lombard securing car seat	Injury Prevention Coordinator Kim Lombard says the American Academy of Pediatrics recommends children stay in rear-facing car seats until they reach the maximum height and weight limits for each car seat.
Kim Lombard (00:41)	“The previous recommendations were to keep children rear-facing up until age 2.”
Vivien Williams VO: Kim strapping in car seat	Kids come in different sizes, and Lombard says paying attention to the height and weight limits ensures that we’re using the car seat the way it’s designed to be used.
Kim Lombard (2:00)	“We need to keep them rear-facing up until they reach those max height and weight limits for their seat.”
Vivien Williams VO: From Kim securing car seat to child in rear-facing car seat	Rear-facing car seats protect a child’s head, neck and spine in a crash. Check the car seat’s owners’ manual for height and weight limits, so you know when it’s time to move to a different model.
	For the Mayo Clinic News Network, I’m Vivien Williams.