

Before your baby is ready for discharge, please ensure you know the correct way to alter your car seat and how to fit it in your vehicle.

NICU staff are not car seat technicians. If you require help fitting your car seat correctly please contact your local 'Baby on the Move' store or visit www.nzta.govt.nz to 'find a child restraint technician'

<https://www.nzta.govt.nz/safety/vehicle-safety/safety-belts-and-restraints/child-restraints/find-a-child-restraint-technician/>

Car Travel and the Law

All children under the age of 7 must be in the correct car seat for their age and size when travelling in a vehicle. A rear facing car seat should be used from birth to at least 1 year old.

What to look for when choosing your car seat

- Ensure your chosen car seat meets NZ safety standards. Look for one of the following:



A tick mark (indicates the restraint meets the joint New Zealand/Australian Standard AS/NZ 1754)



An 'E' mark (indicates the restraint meets the European Standard (ECE 44 or ECE 129) – the number on the circle will vary depending on the country of certification.



Or, look for a restraint that complies with the United States Standard FMVSS 213. The restraint must also show the New Zealand Standard 'S' mark indicating it is certified for use here.

All car seats have an expiry date, this is set by the manufacturer. Please ensure the car seat you plan to use has not expired.

Also ensure your car seat is in good condition, even if it was purchased new. There should be no cracks in the plastic and no frayed areas on the straps. If you are using a pre-used car seat you must ensure it has never been involved in an accident.

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Positioning your baby in the car seat

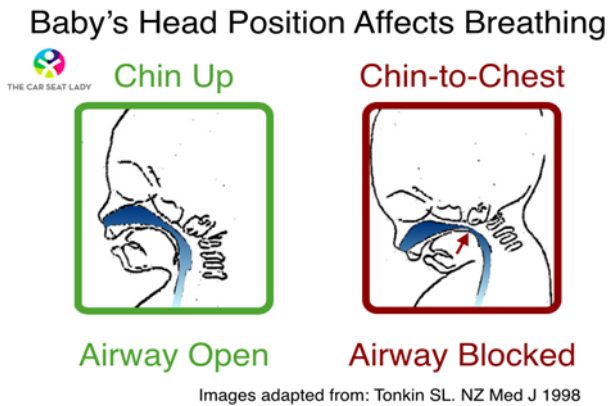
Your baby should be positioned in the car seat according to the manufacturer's instructions.

There should not be any inserts used except those provided by the manufacturer. Therefore it is not recommended to use rolled up nappies / blankets / sheets to hold baby in place.

Baby's airway must be kept clear in the car seat, this means that baby's head should not be rolled forward onto their chest.

In the car, it is recommended that you:

- Have a responsible adult sit in the back to keep an eye on baby.
- Wait at least 45mins after giving your baby a feed before travelling.
- Keep journeys as short as possible, break long journeys up with stop breaks.



- Harness straps should sit at or just below shoulder level, **NEVER** above.
- If there is a chest clip on the seat this should always be used, it should be positioned at armpit level and should not be able to slide down to the buckle.
- Baby should not be wearing any thick jackets/onesies when fastened into the car seat as this can give a false fitting due to the padded layers.
- Blankets should always be put over baby once they are fastened in correctly, not put under the harness.