



Car seat safety for preemies

Car seat test

If your baby was born early or is smaller, the American Academy of Pediatrics recommends a car seat test. This is for all infants born before 37 weeks gestation. The car seat test makes sure your baby can ride safely in their car seat.

Car beds

If your baby has a medical need, a doctor may recommend or require a car bed, and the doctor will tell you when your infant can move to a rear-facing car seat.

When choosing a rear-facing car seat, look for:

- A rear-facing-only car seat that has a lower weight limit of 3 or 4 pounds.
- A car seat that comes with extra padding for smaller babies.
- An easy-to-read recline indicator. This will help you see that your baby's car seat is at the correct angle.
- Shoulder straps that can be moved low enough. They should sit at or below your baby's shoulders.

Always follow the instructions in the car seat manual and your car owner's manual.

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