

# **BUILDING A BOOSTER SEAT CAMPAIGN**

**A GUIDE FOR COMMUNITY ORGANIZERS, HEALTH  
EDUCATORS AND INJURY PREVENTION SPECIALISTS**

**The Washington State Booster Seat Coalition**

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*draft*



633 Yesler Way, Suite 332  
Seattle, WA 98104

Mailing Address:  
Box 359960  
325 Ninth Avenue  
Seattle, WA 98104-2499

Tel: 206-521-1520  
Fax: 206-521-1562

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# INTRODUCTION

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In recent decades we have come to realize that injuries – the most common cause of death to children – are often preventable. The most effective prevention methods involve addressing a specific problem with a specific solution, and using modern techniques of health education to bring about behavior change through community campaigns and intervention programs.

In the state of Washington, a group of individuals and agencies developed and implemented the Washington State Booster Seat Coalition to decrease deaths and injuries to children riding in cars. We sought to accomplish this by promoting booster seat use among 4- to 8-year-old children, the group most likely to be improperly restrained.<sup>1,2</sup>

Using a wide variety of venues and educational media, we worked to educate the community about the need for booster seats and created programs to help families overcome financial barriers. In 1999 we formed a broad-based community coalition to advise and implement the campaign. This coalition built upon the successful car-seat training programs instituted by the Washington Traffic Safety Commission and the Washington Safety Restraint Coalition, and focused exclusively on booster seat use. The coalition's formation was followed by the passage of Washington's landmark Anton Skeen Act in 2000, the first state booster seat law in the nation. Following the law's implementation in 2002, the Washington State Booster Seat Coalition continued to work with the Washington Traffic Safety Commission on a booster seat campaign.

Our evaluation of the campaign through observations of booster seat use in King County, the most populous county in the state, demonstrated that we were able to increase booster seat use from 13 percent in 1999 to 57 percent in 2003.<sup>3</sup>

The purpose of this manual is to help others learn from our experience in improving motor vehicle safety for children, and adapt our model to the needs of their communities. Well-done interventions can make a difference. We hope that this manual will show you how.

# WHY CHILDREN NEED BOOSTER SEATS

Booster seats for children riding in motor vehicles have emerged as an important injury prevention strategy for U.S. children. Motor vehicle crashes are the leading cause of death for children and adolescents between the ages of 1-19 years. An estimated 3,612 child occupants died on our nation's roads in 2001.<sup>4</sup> Thousands more have been injured. Booster seat-age children, generally between the ages of 4-8 years, account for 7.3% of passenger deaths.<sup>4</sup> Many of these deaths and injuries could have been prevented if the children had been buckled up properly in a booster seat.

Booster seats are safety restraints designed for children who have outgrown their forward-facing car seats, but who are still not big enough to fit safely in an adult seat belt. The American Academy of Pediatrics<sup>5</sup> and the National Highway Traffic Safety Administration (NHTSA)<sup>6</sup> recommend booster seats for children over 40 pounds and under 4' 9" tall. Booster seat-size children generally are between 4 and 8 years of age, and between 40 and 80 pounds. Booster seats protect children by raising them so that the vehicle lap-and-shoulder belt fit correctly. Instead of the shoulder belt uncomfortably rubbing the child's face and neck or the lap belt riding dangerously up on the child's abdomen, a booster seat positions the shoulder belt diagonally across the child's *trunk* and keeps the lap belt low across the hips (Figure 2).

Figure 1: Two types of booster seats

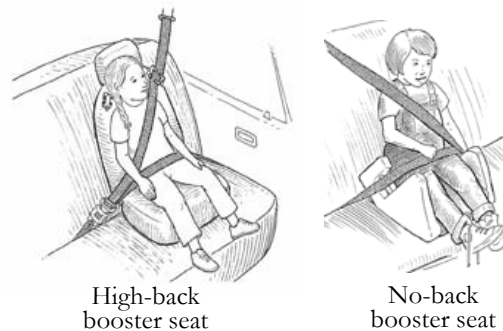
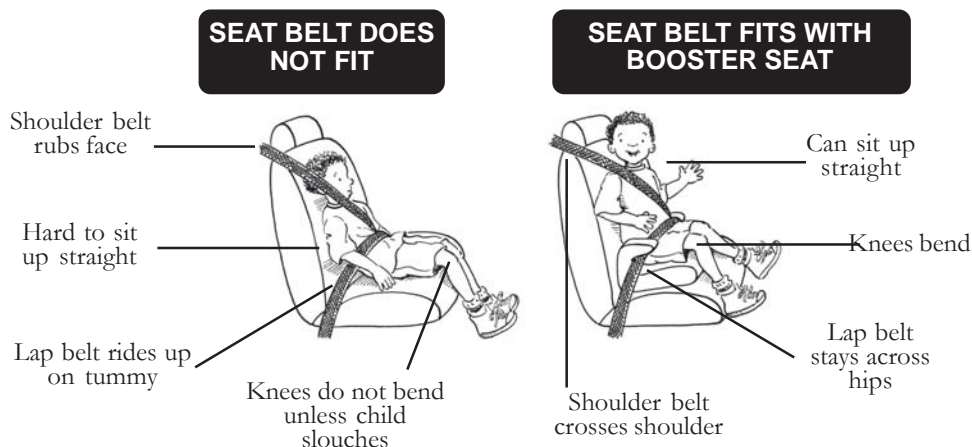


Figure 2: How booster seats help seat belts fit right



Without a booster seat, an older child runs the risk of serious injury, and even death, in a car crash.<sup>7</sup> Children using seat belts that do not fit properly can suffer serious head, neck, and spinal injuries that can leave crash survivors with serious disability including brain injury and paralysis. They can also suffer injuries to the abdominal area known as “seatbelt syndrome,” in which internal organs are compressed and severely injured.<sup>8</sup>

Booster seats have been proven to prevent these injuries and save lives. Children riding in booster seats are 59 percent less likely to suffer serious injury than those using only seat belts.<sup>7</sup> Children riding in booster seats also have less risk of a head injury compared to seatbelt-only riders, a crucial difference for a child’s ability to lead a healthy life.<sup>9</sup>

“Safety belts are not designed to fit smaller children,” said NHTSA Administrator Jeffrey W. Runge, M.D. “Booster seats remedy that problem by positioning the belt where it is most effective.”

**-Dr. Jeff Runge**

Despite the benefits that booster seats offer, most parents still do not buckle their children in these seats. While national use rates of car seats among children weighing under 40 pounds is between 85-95 percent, booster seat use hovers around 19 percent nationwide.<sup>10</sup> For this reason, the National Highway Traffic Safety Administration (NHTSA) has designated booster seats one of the nation’s top traffic safety priorities.

States around the nation have recognized the importance of booster seats and are passing laws requiring booster seat use. Washington passed the first law in the nation in 2000. By the end of 2003, 23 states had booster seat legislation and more are considering legislation. Booster seats have become the new legal standard for safely transporting children.

Booster seats are still a new concept for many, and so parents, healthcare professionals, child-care providers, and other caregivers need further information and education about booster seats. Parents and professionals must know who should ride in booster seats, where to buy them, and how to install them safely.

# PROGRAM MODEL AND KEY COMPONENTS

We based our booster seat education campaign on other public health community intervention models that have proven to be successful. Previous injury prevention campaigns have used a community-based approach, bringing together community organizations and stakeholders to develop the campaign and carry it out. Bicycle helmets,<sup>11, 12</sup> life-jackets,<sup>13</sup> and gun storage devices<sup>14</sup> have all been successfully promoted through broad-based community organizing.

The community organization approach to health promotion is based on a great deal of research and theory. Two principles of community organizing are important: the “principle of participation”,<sup>15-18</sup> and the “principle of ownership.” These principles state that behavior change is more likely if the people affected by a problem are responsible for planning and instituting steps to solve the problem, including establishing structures to ensure that the change is maintained.<sup>16, 19-21</sup> So, for our campaign, we involved the community in promoting booster seats to help increase use and to continue booster seat usage over the long term.

For an organizing framework for our booster seat campaign, we used the PRECEDE-PROCEED planning model designed by Lawrence W. Green and Matthew Kreuter.<sup>18</sup> There are multiple phases in this planning framework and this manual will describe how to implement these phases in your booster seat education campaign:

- 1) Social Diagnosis** – Identify booster seat problem and community resources that can address it. Promote community participation and collaboration.
- 2) Epidemiologic Diagnosis** – Review injury and death statistics for booster-size children.
- 3) Behavioral and Environmental Diagnosis** – Use focus groups and an initial observation survey of booster seat use and parent knowledge to understand environmental and behavioral factors that contribute to booster seat use and non-use.
- 4) Educational and Organizational Diagnosis** – Determine which factors will help parents increase booster seat use.
- 5) Administrative and Policy Diagnosis** – Understand current and needed booster seat laws and policies.

**6) Program Implementation** – Design intervention based on initial research and planning.

**7) Process Evaluation** – Evaluate program based on what you did in your campaign.

**8) Impact Evaluation** – Evaluate program based on changes in parental knowledge, attitudes, use and access to booster seats.

**9) Outcome Evaluation** – Evaluate program based on changes in booster seat use and child passenger injury and death rates.

The Washington State Booster Seat Coalition used social marketing to guide program development. Social marketing focuses on how to optimize benefits, reduce barriers, and provide persuasive arguments to help change health behavior. It was used to identify specific target audiences and to develop campaign messages.

#### **KEY COMPONENTS OF A BOOSTER SEAT CAMPAIGN**

Our campaign used a variety of methods to help increase booster seat use in Washington. The following components were modeled after other successful injury prevention programs and were vital to our campaign's success:

- Community coalition
- State booster seat law
- Discount coupon program
- Toll-free hotline for child passenger safety information
- Parent advisory group
- Supportive state Office of Highway Safety
- Established network of child passenger safety experts who teach parents how to use seats
- Media coverage
- Educational materials and outreach
- Training of key groups, in particular health care and child care providers.



# **BUILDING A COMMUNITY COALITION FOR YOUR CAMPAIGN**

Our community coalition has been the heart of Washington's booster seat campaign. Formed in 1999, the Washington State Booster Seat Coalition organized key interests and efforts. Coalition members made decisions about the campaign based on input from those who work everyday with families, who are traffic safety experts, and who are parents themselves. It was a key ingredient of our booster seat program's success.

## **WHY USE A COMMUNITY COALITION?**

A booster seat coalition will help you develop a program in the community working with local partners. This structure creates joint ownership of the campaign and helps encourage participation, momentum, and sustainability. Each of the coalition members contributes to campaign planning and development. This involvement helps encourage continued participation and commitment to booster seat activities, and establishes a network that can continue in the long-term. The end result is a campaign more likely to achieve your ultimate goal: increasing booster seat use!

One of the most practical reasons for setting up a local booster seat coalition is cost. A booster seat education campaign can be expensive. A coalition is a cost-effective way to reach the public. By tapping into the existing communication networks of your coalition members, you can extend the reach of your message by supporting a project coordinator who works with members, facilitates information sharing, and organizes meetings.

A booster seat coalition can also help pool resources, turning a small project budget into a significantly larger one. Each coalition member can contribute to a piece of the project instead of having one organization bear the cost burden. For a Washington State Booster Seat Coalition seat check event, for example, one partner arranged the location, another provided advertising funds, and another provided the seats and volunteer experts to implement the program. Given that some funding sources provide only small mini-grants, a coalition can help you stretch your dollars.

A booster seat coalition can also deliver messages more effectively. Existing community organizations will have established contacts and systems for reaching your audience. These organizations may already have credibility in the community which may make families more receptive to your message. The organizations you bring together are likely to have years of experience working with families, educating about traffic safety, or advising parents about children's health.

Coalitions can be successful at reducing injury risk in your community. Research has shown that broad-based community coalitions have successfully increased children's bicycle helmet use, increased life jacket use, and increased the use of

safe storage boxes for guns. Our booster seat observations showed that our campaign, which included a broad-based coalition, significantly increased the use of booster seats.<sup>1</sup>

Finally, a booster seat coalition elevates the issue for the community and demonstrates its importance. By forming a separate entity focused on booster seats, you communicate that booster seats deserve attention.

## HOW TO RUN A SUCCESSFUL COALITION

Creating a community coalition takes considerable effort, as does maintaining enthusiasm over the course of the campaign. Here is a checklist to follow when forming a coalition:

- ❑ ***Make a list of community resources that are already working on child passenger safety issues.*** This list may include the State Office of Highway Safety, police, fire, and EMS agencies, hospitals and public health departments, insurance companies, and non-profit organizations like SAFE KIDS, and traffic safety advocacy organizations like AAA.

Find out how these organizations educate the public about child passenger safety and what existing program activities may be incorporated into a booster seat campaign. For example, the Washington campaign used the local expertise of its Child Passenger Safety Teams – county-based police officers, firefighters, and other volunteer safety advocates who were trained by the Governor’s Office of Highway Safety to help teach families about car safety for children and provide seats to those in need.

- ❑ ***Make a list of other organizations that are key stakeholders in the community who may be interested in this work or who may be important to have as a part of the Coalition.*** These organizations may include media, private businesses who serve families, child care providers, or political leaders. Your list should be comprehensive and broad. Members will vary in how actively involved they are.
- ❑ ***To help recruit coalition members, find out how a lack of booster seats has impacted your community.*** Ask your Office of Highway Safety for data on motor vehicle crashes involving children and on safety restraint use. How many of the children involved would have been saved or injured less severely if they had been riding in booster

seats? How many children currently use booster seats? Compare these statistics to national data from the National Highway Traffic Safety Administration.

If possible, collect data on use of seat belts, car seat, and booster seats in the community. This data will help to solicit funding, recruit coalition members, and measure program effectiveness. (See the Program Evaluation section on page XX for information on how to collect this data.)

Also, find out if there are groups at highest risk of injury, who could be the focus of a “targeted” injury prevention campaign. In Washington, as booster seat use increased, we moved to identify high-risk groups, such as Latino families, in order to target our prevention efforts with specific strategies to meet their needs.

- ❑ ***Look at existing laws and policies regarding booster seat use and determine if they need to be updated.*** All states in the U.S. have a child passenger restraint law, but each one has different requirements. Find out: What is the law in your state? Up to what age are children required to ride in car seats or booster seats? What is the penalty if you violate the law?

On the local level, find out what policies exist in your county or city. While it is less common for counties and cities to have child passenger safety laws, it is possible for local governments to do so. If you are unable to pass a law through your state legislature that meets your community needs, you may find success on a local level. The Washington State Booster Seat Coalition did not pursue local governments during its campaign because of the state law, but local governments have passed laws or implemented policies to protect children from injuries (e.g., local bicycle helmet ordinances, tribal passenger safety laws).

The policies of local health departments and area hospitals may vary. Find out which organizations currently provide seats to families or help parents install seats in their cars. Are there organizations interested in developing such a program? During our campaign in Washington, some organizations were unable to check or give away seats due to concerns about liability or a lack of resources. While

seat distribution by the King County Health Department and EMS office was limited by liability concerns, many area hospitals had car seat and booster seat education and fitting programs in place.

**For information on state child passenger safety laws, go to:**

[www.saferoads.org](http://www.saferoads.org)  
[www.statchighwaysafety.org](http://www.statchighwaysafety.org)  
[www.safekids.org](http://www.safekids.org)  
[www.iihs.org](http://www.iihs.org)  
[www.nhtsa.gov](http://www.nhtsa.gov)

- ❑ ***Talk with community resources about their experiences with parents, children, and cars.*** Are children buckled up in booster seats? What do parents know about them? How do parents and children feel about using booster seats? What are the biggest barriers that the parents face in using these seats? What is needed to make change in the community?

These initial conversations can help you understand community needs and the environment in which the campaign will operate. These conversations also help build bridges for the future.

- ❑ ***Form a steering committee.*** Bring together 6-8 representatives of key stakeholder organizations who can help guide decision-making and provide expert advice.
- ❑ ***Set a time/date for the first coalition meeting and send out invitations and meeting agendas.*** Have food available. We found attendance improved at meetings when food was available. Follow up invitations with phone calls and an email reminder.
- ❑ ***At the first meeting, present the problem and discuss possible approaches to increase booster seat use.*** Develop a task list and timeline.
- ❑ ***Identify the role that each member will play in the campaign.*** Ask each member to do tasks appropriate for their job titles and skills – people are more willing to help when it can be integrated into their daily duties, or when it furthers the mission of their organization.
- ❑ ***Set a time/date for the next meeting. Follow up with thanks and meeting minutes with future tasks noted.***

- ❑ **Follow up with coalition members about their new tasks, and provide information and encouragement.** Connect them to other resources in the network if needed. Thank them again for their help and share their accomplishments with the group.

## POTENTIAL MEMBERS OF A COALITION

### Traffic safety organizations

Police departments  
Governor's Office of Highway Safety  
Non-profit traffic safety advocates

### Healthcare providers

Pediatricians and family medicine doctors  
Pediatric and trauma nurses  
Hospitals and community clinics  
Health educators  
Community relations staff  
Emergency medical services

### Public health agency staff

Injury prevention educators  
Public health nurses  
Child-care program staff

### Childcare providers and organizations that provide resources to childcares

Licensed child-care centers  
Home day cares  
Child care licensing  
Oversight and training organizations  
Family educators at community colleges

### Tips for keeping your coalition running in the later stages of the campaign:

- As new projects or new news develops from the campaign, update coalition members.
- Continue to solicit member input on projects. Invite them to sit on sub-committees or ask for their feedback on a campaign message or educational material.
- Ask different coalition members to present at upcoming meetings.
- Invite outside speakers if possible, to help further knowledge as well as partnerships.
- **THANK EVERYONE AND RECOGNIZE THEM FOR THEIR WORK!!!**

**Schools**

- Pre-school and elementary school programs
- Headstart programs and afterschool programs
- PTAs
- School district nurses

**Non-profit organizations focused on children's health or family safety**

- SAFE KIDS Coalition
- Injury Free Coalition for Kids
- Healthy Mothers, Healthy Babies

**Private businesses with an interest in children or families—**

- Auto insurance companies
- Children's product manufacturers or retailers
- Car dealerships

**Media****Parenting groups**

**PARTIAL MEMBER LIST OF THE WASHINGTON STATE BOOSTER SEAT  
COALITION**

American Response Ambulance  
Bellevue Community College  
Bellevue School District  
Car Safe Kids  
Childcare Resources and Referral  
Children's Hospital and Regional Medical Center  
Evenflo Corporation  
Grays Harbor County Traffic Safety and Injury Prevention  
Harborview Hospital Family Patient Resource Center  
Harborview Injury Prevention and Research Center  
Highline Community Hospital  
Kent Police Department  
KOMO-TV (ABC)  
Mary Bridge Hospital Center for Childhood Safety  
Mercer Island Fire, Police & Public Safety  
National Highway Traffic Safety Administration – Region X  
Overlake Hospital  
Public Health – Seattle-King County  
Safe Ride News  
SAFE KIDS Coalitions throughout Washington  
Safety Restraint Coalition  
Shoreline Children's Center  
Shoreline Community College  
Snohomish County Sheriff's Office  
Snohomish County Health District  
State Farm Insurance  
Washington State Department of Health  
Washington State Patrol  
Washington Traffic Safety Commission

# IDENTIFYING PARENTAL BARRIERS TO BOOSTER SEAT USE

Since booster seats are a new technology for many parents, parents may initially be unaware of the importance of booster seats or resistant to using them. You should expect some parents to question why booster seats are needed and to be concerned that their children may not want to use them. Some parents may also question whether they are as safe as car sets for younger children, and others may just place children in seat belts without a booster. In order to design an effective education program, it is important to understand what the barriers are to using booster seats and what would motivate parents to use them.

## **BARRIERS FACED BY PARENTS**

One effective way to find out how parents feel about booster seats is to hold focus groups or market research discussion groups with small groups of parents in your community. These discussions provide parents with a forum to share their opinions and knowledge about child passenger safety and booster seats. The information learned from parents will build on what you learned from your conversations with community organizations (described above).

For our campaign, we conducted a number of focus groups with parents in Spring 2000 before we started planning our educational efforts.<sup>22</sup> Three focus groups were conducted in King County with parents of children under 10-years-old. In addition, two focus groups were conducted in other areas of the state with parents of children who were not using booster seats. Professional survey research firms conducted these groups.

From the focus groups in Washington State, we learned that parents face the following barriers to using booster seats:

### **Lack of knowledge**

- Parents did not have a clear idea of what a booster seat is, or what one even looks like.
- Parents were confused about when children should ride in the different safety devices. They incorrectly identified the correct age at which it is safe for a child to use an adult lap and shoulder belt. Some thought that adult seat belt use is based on a combination of child behavior and size. Many parents thought their children were “too big” or “too old” to ride in a safety seat, even though their children were the right size for a booster seat.
- Some parents believed a seat belt was adequate and booster seats were non-essential. They viewed the booster seat as a device that just helps children see out the window better. They did not see the booster seat as an essential safety device.



- Parents were concerned that booster seats might increase a child's risk of injury because she could slip out, because her face would be closer to a window that may shatter in a crash, and because the seat is not firmly attached to the car like a forward-facing car seat is.

**Cost**

Parents felt that booster seats are expensive. In 2000, parents in our focus groups reported finding only high-back booster seats that cost \$80-100 (even though less expensive low back and high-back seats were in stores at this time.). Parents wanted to pay only \$20-25 for a booster seat.

**Child Resistance**

Parents felt their children would resist booster seat use because they were "too old" to be sitting in a safety seat. This resistance is made worse by peer pressure. When older siblings and friends did not use booster seats, their children did not want to use them.

**Difficulty Fitting Seats in Vehicle**

Parents expressed concern that it is difficult to fit the seats in the vehicle, particularly if there are three passengers and car seats in the back seat. They also were concerned about having to transfer seats between vehicles.

**Lack of Shoulder Belts in Vehicle**

Some parents could not use booster seats because their cars were made before 1990 and only had lap belts in the back seat. Since booster seats require a lap and a shoulder belt, these parents did not know how to buckle their children safely in the car.

We worked to overcome the first three barriers through a comprehensive booster seat campaign.

Many of these parental barriers may be shared by parents in your community. Other barriers may be unique to your community, such as having few retail stores carrying booster seats, or specific cultural or language barriers.<sup>23, 24</sup>

## SETTING UP FOCUS GROUPS

If you plan to conduct focus groups in your own community, you have two options, depending upon your budget and staff resources:

- a) Hire a professional market research firm; or**
- b) Organize and conduct the focus groups on your own**

Below is a table outlining the pros and cons of each option followed by some tips to keep in mind for each one.

### USING A PROFESSIONAL FIRM

PROS	CONS
Handles all logistics, including participant recruitment and screening (can be time-consuming)	Less personal contact by your staff with the community you serve
Uses professional facilitators who are experienced in eliciting information from participants	Less likely for the facilitator to represent the target community.
Provides meeting space and technical equipment	Expensive. Focus groups can cost over \$3000 per session.

### Tips for using a professional firm:

- When choosing a firm, interview them about how they conduct their focus groups, how they have worked with clients in the past, and who their previous clients have been. Ask to speak with their former clients.
- Be clear about your goals for the focus groups and what information you hope to learn from the participants. The firm will design the session and choose the participants based on what you tell them.
- Provide the firm with the characteristics of the audience that you are trying to educate. Some questions you may ask yourself before meeting with the market research firm team: Are you educating parents or professionals who work with children? Are they occasional users of booster seats or have they never heard of them? What is the age range of the children that your message will affect? Is your audience in a specific cultural group or socioeconomic group?

- Suggest locations for the focus groups if you have a preference. It is easier to recruit participants if the meeting location is close to their home or work.
- Meet the focus group facilitator that the firm provides to find out if she or he will be a good “fit” for your group. You will want someone who will put your audience at ease and who will be able to draw information and opinions from the participants. If you have your own facilitator whom you would like to use, most firms are willing to work with this person.
- Discuss what incentives can be offered to participants to thank them for their time and efforts. Incentives help recruit participants and make sure that they show up for the session. Consider providing a low-cost or free booster seat to participants.
- If you have a limited budget, some market research firms are flexible and will share the responsibilities. For example, you could draft the script, recruit participants, and find a location. The firm could help revise the script, provide a facilitator, and write the final report that shares results.

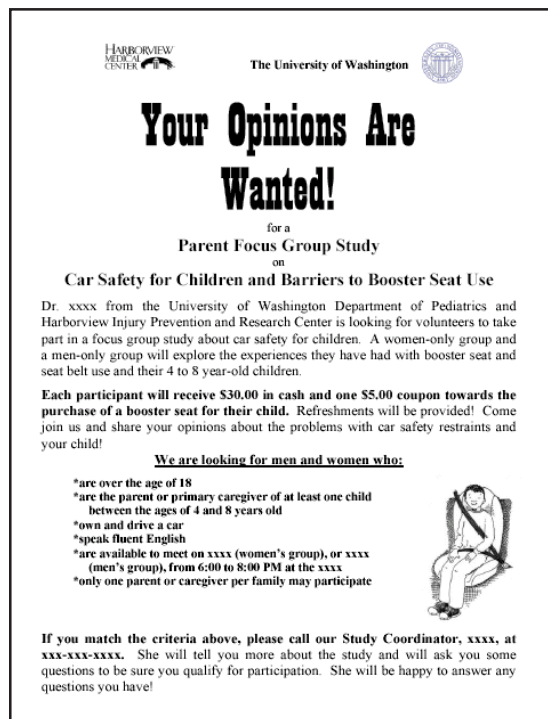
## PLANNING YOUR OWN FOCUS GROUPS

PROS	CONS
Less expensive. Focus groups can be held for \$500-\$800.	Need to arrange for technical equipment and transcription of recording after session has ended.
Opportunity for more personal contact by your staff with the community you serve. This contact may help you on your campaign in the future. For example, parents who participate may be interested in sharing booster seat information in their own community and may refer families to you for more information.	Need to handle all logistics, including participant recruitment and screening. Recruitment and screening can be very time-consuming.
Can provide own facilitator who is similar to your audience members and from the community.	Facilitator may not be as skilled at drawing information from participants. If the facilitator is recognized by the community, members may feel reluctant to share personal information.

**Checklist for conducting focus groups on your own:**

- ☐ **Determine what the goals are for the focus group.** Are you trying to find out why parents do not use booster seats on everyday trips? Are you trying to find out the barriers that child-care providers have in educating their clients (parents) about booster seats?
- ☐ **Identify your initial target audience.** It is important to determine whose behavior you want to change. However, realize that this may change somewhat during the course of the focus groups – you may learn that there is an additional group whose behavior change is necessary to accomplish the campaign goals.
- ☐ **Recruit a facilitator.** The best facilitator is someone who the participants feel comfortable sharing their thoughts with. Facilitators must be very careful not to impose their views and values on the group. They should be aware of giving all participants a chance to share their opinions in a friendly and supportive atmosphere.
- ☐ **Recruit translators or assistants if needed.**
- ☐ **Find a location and time that is convenient for this community.** Evening meetings or weekend meetings are often convenient for parents who work.
- ☐ **Determine what incentives you have to encourage participation.** Are you able to pay the participants? Can you provide food or child-care? Can you reimburse for mileage or pay for parking? Recruitment is usually easier if you can pay people for their time. We paid people \$25-30 per 2-hour session, provided food, and gave each participant a discount coupon for a booster seat.
- ☐ **Write a script for your focus group session based on your campaign goals.** Use open-ended questions, instead of questions that require only a “Yes” or “No” answer. Open-ended questions encourage participants to describe their feelings and opinions. In the Washington campaign, we had three goals for our focus groups: 1) explore barriers to booster seat use; 2) discuss what would change their behavior; and 3) test appeal of campaign messages and communication channels.

- ❑ **Recruit participants.** Post advertising flyers where potential participants will see them regularly, such as stores, community centers, clinics, churches, and parks. You can also recruit directly at these venues and/or ask contacts at these venues to encourage participation. You will want about 8-10 participants per group. Recruit several extra participants as typically some people do not show up.



### DO INCLUDE ON A RECRUITMENT FLYER:

- Characteristics of participant (i.e. car owner)
- Incentives
- Who to contact for more information
- Confidentiality of information
- Who is conducting the research

### TO ALLOW YOU TO SCREEN RECRUITS AND TO REDUCE BIAS IN YOUR RESULTS, DO NOT INCLUDE:

- Location and time of meeting
- What the results will be used for

- ❑ **Screen recruits over the phone.** Use your audience characteristics to screen callers who respond to your advertisements. For example, if you are trying to find out more information about parents who never use booster seats, ask callers "Do you own a booster seat?"

- ❑ **Gather materials that you will show or use at the session.** If you show sample educational materials or sample messages, make sure your materials are big enough to be seen by all at the meeting, or that you provide individual copies.
- ❑ **Determine how you will record the answers.** Tape record or videotape the sessions so you can have a record of participant answers and reactions. Videotaping can be costly, but it allows you to see facial expressions. In addition, you should have one or two people designated as “scribes” for the session in case the sound quality of the recording turns out poor.
- ❑ **Place reminder calls to participants a day or two before the meeting.**
- ❑ **During the recruitment, screening, and actual session, make parents feel comfortable and valued.** Their “expertise” as parents is what you need!
- ❑ **Expect the unexpected at the focus group!** Participants may bring along unexpected friends, equipment may not work correctly or people may interpret questions in a way that you did not expect. You may want to conduct a small pilot group first to test the script, facility, and equipment.

# CHOOSING A CAMPAIGN MESSAGE

Campaign messages will play an important part in your efforts to educate the public about booster seats. These messages communicate the behavior you are encouraging (such as buckling up 4-8 year-olds in booster seats), as well as explaining why the behavior is important (e.g., booster seats are safer than adult seat belts alone). Depending on your specific communication, the campaign messages may also include additional information that supports your main message (e.g., booster seats are only a \$20-25 investment). There are many messages that you can communicate, and you may choose different ones for specific audiences or at various stages of your campaign.

Key campaign messages should be driven by your focus group results. Use your initial information about parent attitudes and barriers to determine which messages will influence them to buckle their child in a booster seat. Then, test these messages through focus groups or surveys to determine which ones are most important and most effective for meeting your campaign goals.

## DETERMINING YOUR TARGET AUDIENCE

Your target audience will depend upon your campaign objectives and strategy. The campaign objective may be to increase booster seat use among parents of a certain ethnic or socioeconomic background. Alternatively, empowering community organizations and healthcare providers to educate the families they serve may be your objective.

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Most likely the campaign will target those who provide daily care to children and who make decisions about how they ride in the car. In this case you will be educating parents and other family caregivers or guardians.

You may also decide to reach families through healthcare or child-care providers – those who influence parents. Doctors, nurses, and emergency medical staff are good spokespeople for booster seats according to our focus group research. At a child's annual checkup as well as during periodic visits throughout the year, healthcare providers can advise parents on how to keep kids safe in the car with booster seats.

Child-care directors and teachers are also powerful messengers because they have daily contact with families and watch children grow through the different stages of child passenger safety. Child-care providers often have the responsibility of transporting children themselves, so providing them with information about booster seats will help protect children when they are not in the care of their parents.

**POTENTIAL TARGET AUDIENCES FOR A BOOSTER SEAT CAMPAIGN:**

- Parents and guardians
- Childcare Directors and Staff
- Public Health and Healthcare Providers
- Elementary School Teachers and School Officials
- Parenting organizations

## CREATING THE MESSAGE YOU NEED

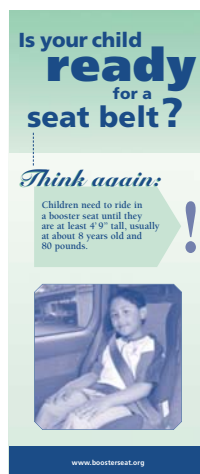
Use information from focus group, observations, or survey research, national child and traffic safety organizations, and conversations with community and campaign coalition members to create your messages.

### Choosing the Behavior to Highlight in Your Message

Information about how people are buckling up children ages four and older will help you determine what behavior to target. For example, families who are moving their children directly from car seats to adult seat belts will need to learn that booster seats are the proper stage after car seats. On the other hand, families who already use booster seats, but use them only on long trips or while highway driving, should learn that booster seats are needed on every ride, even for short distances.

In the Washington campaign, our initial messages focused on using booster seats before seat belts:

#### Is Your Child Ready for a Seat Belt? Think Again!



#### Let Them Go Through Stages, Not Glass



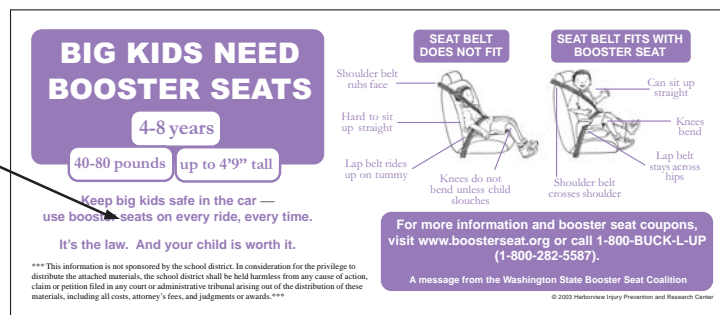


As booster seat use increased, we used other messages to address information gaps and to motivate parents to protect their children in the car with booster seats. We created messages for families who would be motivated by the law, or only used booster seats on long trips, and messages for those who did not use booster seats at all.



**Buckle Up! It's the Law**

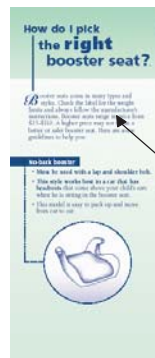
**Use Booster Seats  
Every Ride, Every Time**



## Choosing a Message to Help Address Barriers to Booster Seat Use

Information about barriers and motivators to booster seat use will help you determine messages that address barriers that your campaign needs to overcome. For example, our focus group research showed that the majority of parents believed that 4-8 year-old children were safe to ride in adult seat belts and were too old or too big to ride in a safety seat. So, for the Washington campaign, we knew that we needed a message that addressed this belief. We chose “Is Your Child Ready for a Seat Belt? Think Again!” to let parents know that children do not always fit right in an adult seat belt.

Similarly, we learned that parents believe that booster seats are very expensive, costing \$80-100. So, we included information about inexpensive booster seats in our campaign messages as well as a message about a discount coupon program that we had set up.



Booster seats range in price from \$15-\$110. A higher price may not mean a better or safer booster seat.

## Choosing the Size Range that Your Message Recommends

Information from national child passenger safety organizations and from your state booster seat law will help you determine the age or size range that your message recommends. Both the American Academy of Pediatrics (AAP) and the National Highway Traffic Safety Administration (NHTSA) provide recommended standards. Currently, booster seats are recommended for children over 40 pounds and under 4'9" tall. We found that most parents did not readily know their child's height, so we focused on weight and age criteria in our recommendation.

In Washington, we began our campaign recommending booster seats for children between 4-8 years old or 40-80 pounds – the AAP and NHTSA standard in 2000. At the time, this standard differed from our new state law that required booster seats for 4-6 year-old or 40-60 pound children beginning July 1, 2002. The Booster Seat Coalition chose to promote the higher standard because we believed it was a safer public health recommendation.

During the summer of 2002, when Washington's Anton Skeen Act officially took effect, we emphasized a message to reflect the law:

### Booster Seats Required by Law. Kids 4-6 Years or 40-60 Pounds.

Is your child ready for a seat belt? Think again!

**Booster Seats Required By Law**  
Kids 4-6 years or 40-60 pounds

[www.boosterseat.org](http://www.boosterseat.org)

WSP Children's NHTSA

During this time we still kept our public health recommendation in the message, but it became a submessage:

Doctors and safety experts recommend that children use booster seats until the seat belt fits, typically when they are around 8 years old, about 80 pounds, and at least 4'9" tall.

**Is Your Child Ready for a Seat Belt? Think Again!**  
*Children between 40 and 80 pounds need to be in a booster seat.*

**What is a booster seat?**  
A booster seat is made for older kids when they are too big for a car seat but still not big enough to safely use the adult seat belt. It sits on the seat of your car and raises your child up so the car's seat belts will fit properly.

**Why does my child need to ride in a booster seat?**  
If a child is too small for the seat belt, the seat belt can slip out and get hurt. Booster seats keep the child's body at the top of the thighs, not on the shoulders and chest, not the face or neck. If it's buckled under your child's arms or behind her back, your child's body will fly forward in a crash.

**When does my child need to use a booster seat?**  
Keep using a booster seat until your child is at least 8 years old and 80 pounds. Then he may be moved to a seat belt.

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**Using a booster seat will be the law in Washington.** It means children must ride in a booster seat from 4 years or 40 pounds until they are 8 years or 80 pounds. Safety experts recommend children use booster seats until they are at least 8 years old and weigh 80 pounds.

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**Washington State Booster Seat Coalition**  
In partnership with:  
Children's WSP

*Continued on back*

In 2002 we also added the upper limit height standard of 4'9" to our message because AAP and NHTSA updated their recommendations during that year. However, for shorter communications such as radio ads when we needed to keep our message simple, we did not include height in our message recommendation. Our focus group and observational data showed that parents did not readily know their child's height, so the 4'9" tall standard was not as useful.<sup>2</sup> Research showed that parents do indeed know their child's weight,<sup>2</sup> so campaign communications focused on age or weight.

### Choosing Your Message Appeal

Information about your audience's motivation for using booster seats can help you determine the type of message appeal that you use. From your research and interviews with community members, you will know if parents and caregivers think booster seats are important, how likely they are to use them, and what would encourage them. You will also learn if your audience is motivated to act out of fear of a ticket or fine, loss of life, or out of a desire to do the best for their children. Share your message with others who have led safety campaigns in the community to get their feedback.

In Washington's campaign, our initial messages were designed to attract parents' attention since many did not know about booster seats or did not believe that they were important to use. Some of our messages utilized a "fear appeal" in an effort to show parents the consequences of not using a booster seat.

**It's Easier to Put Your Child in This [booster seat].... Than This [ambulance]**



**And You Think This Seat is a Hassle?**



**Is Your Child Ready for a Seat Belt? Think Again!**

Seat belts save lives, but they are made for adults. Booster seats solve the problem. They make the lap and shoulder belt fit correctly. As of July 1, a **new law** requires that children from 4 to 6 years old or 40 to 60 pounds ride in car booster seats. Doctors and safety experts recommend booster seats until the seat belt fits. This typically occurs when children are about 4 feet 9 inches tall. Keep your child safe and secure while riding in the car.

**FREE** For a \$10 booster seat discount coupon and information packet call Children's Resource Line (206) 326-2500 or 1 (877) 526-2500 (toll free), and select option 4 or visit [www.boosterseat.org](http://www.boosterseat.org).

In partnership with  
The Washington State Booster Seat Coalition

**Children's**  
Hospital & Regional Medical Center  
Seattle, Washington



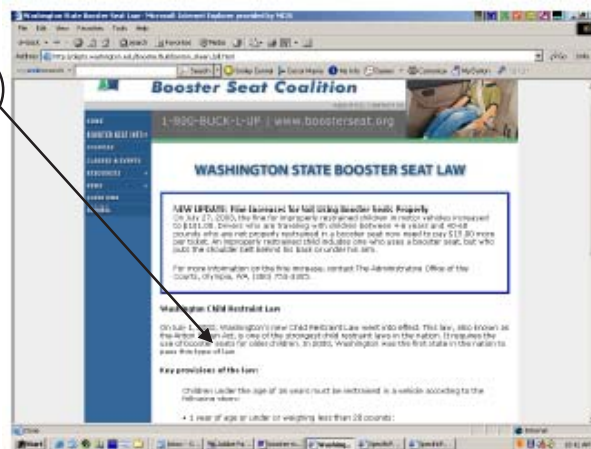
## Is Your Child Ready for a Seat Belt? Think Again!

### Booster Seat Web Site

Booster Seats Required By Law.  
Tickets Cost \$101.

One of our messages attracted attention by countering parental beliefs about when children can fit safely in adult seat belts:

When the landmark Washington booster seat law<sup>25</sup> took effect in July 2002, our message appeals used the law to motivate caregivers.



### Buckle Up. It's the Law.

Both messages that used the threat of law enforcement to prompt caregivers to start using booster seats informed parents of the financial consequences of non-use, and targeted more resistant parents and those who used booster seats inconsistently.

### TIPS FOR CREATING MESSAGES WITH IMPACT

- Keep the message simple.
- Communicate with pictures.
- Use clear, direct language.
- Use images, colors, and headlines to grab the audience's attention.
- Make the message relevant to your audience.
- Write your message in the form of a question to make your audience stop and think.
- Make sure the message reflects what will motivate your audience to start using booster seats.
- Provide a phone number and web site where parents can get further information. This will help you track the impact of your advertisement.
- Test messages and graphics and get feedback from members of your audience before finalizing materials.

MESSAGE

## CHECKLIST FOR DEVELOPING BOOSTER SEAT MESSAGES

- ☐ Analyze local and national booster seat use data to determine what booster seat behavior to target.
- ☐ Determine your audience (e.g., parents, healthcare providers, or both). Try to narrow your audience such as parents who live in a certain area or who have children of a specific age. These specifications will make your message more effective.
- ☐ Once you choose your audience, use information from focus group research to determine the audience's motivation for using booster seats or educating others about booster seats.
- ☐ Use your initial research to determine what type of message will appeal to the audience (e.g., emotional appeal that focuses on parental desire to protect child)
- ☐ Decide the age or size range that the message recommends.
- ☐ Develop potential messages based on your knowledge of audience motivation, appeal, and preferred messengers.
- ☐ Test these messages with audience members and gather feedback on what grabs their attention, what is understandable, and what is motivating about the messages. Also, find out what can be improved.
- ☐ Modify the message concepts based on audience feedback.
- ☐ Before you finalize the messages, test them again with audience members and also show them to a child passenger safety expert to determine technical accuracy.
- ☐ As the campaign strategy changes or as new data becomes available, change the messages accordingly.

# PROGRAM ACTIVITIES

After selecting your target audience and message, you need to determine how to deliver your message. This decision depends on communication channels identified during your assessment phase (e.g., focus groups, surveys). It also depends upon your campaign objectives, strategy and budget. Is your objective to increase booster seat use in one city, in a neighborhood in a city, or throughout a state or region? Is your strategy focused on changing how parents buckle up their kids, or are you trying to change what doctors and nurses tell their patients about child passenger safety? What resources are available? Each of these choices affects how you disseminate your campaign messages.

Your decisions will also depend upon the information you learn from focus group research and discussions with community stakeholders and target audience members. These investigations will tell you where the audience gets child safety information and who they prefer to hear this information from. Do they learn from the news, from television advertisements, or from discussions with other parents? Are doctors, police officers, or teachers the best messengers about booster seat use? Your research can also tell you where the audience frequently travels to by car and what media your audience frequently sees. Do they listen to Latino radio stations or read a local parenting newsletter? All of this information will help you determine where to educate the public about booster seat use.

Finally, your decisions will depend upon your funding availability. If you have more resources, you will be able to utilize a mass media campaign strategy, including costly radio and television ads. If you have fewer resources, you will need to rely on more grassroots and word-of-mouth activities. Partnerships with coalition partners can share the burden of producing and distributing materials. Our campaign relied heavily on organizational and business partners with a commitment to keeping kids safe.

## KEY FACTORS TO CONSIDER IN DECIDING CAMPAIGN EDUCATIONAL ACTIVITIES

- Audience needs and characteristics, including cultural background, knowledge and attitudes about booster seats, and barriers to use
- Geographic area of campaign
- Where your audience gets safety information
- Where your audience frequently goes while driving in the car with children
- Who your audience trusts for advice on children's safety
- Funding possibilities
- Strengths and resources of campaign partners



## BOOSTER SEAT CAMPAIGN ACTIVITIES AND COMMUNICATION CHANNELS

There are a number of campaign activities and communication channels that you can use to deliver your message. The more people hear that booster seats are important for children's safety in cars, the more likely they will begin to use them. When delivering messages, be sure to use channels that your audience mentioned in your focus group research. Even the most clever advertisements will fail if they are never seen or heard.

One of the most important resources for your campaign will be a local source for further information and questions on child passenger safety. Since it is not possible to answer all booster seat questions in a brief campaign brochure or television advertisement, a resource line can answer critical questions for parents, physician offices, child-care centers, and other organizations with questions. There are also national resources available (such as NHTSA's toll free telephone line see Appendix B), however it is helpful to have a local community contact to handle local calls and inquiries. The Washington campaign benefited from the following local booster seat information sources:

- **Toll free Phone Number** – The Washington Safety Restraint Coalition toll-free telephone line 1-800-BUCK-L-UP handled individual requests for coupons and materials, and answered technical questions about booster seats. Staffed by certified child passenger safety technicians, the hotline was already an established state resource when our booster seat campaign began. As a campaign partner, the Safety Restraint Coalition incorporated the phone line into our statewide booster seat efforts.
- **Booster Seat Web Site** – We created a Web site for the campaign, [www.boosterseat.org](http://www.boosterseat.org), to help educate families and caregivers about booster seats. Individuals could order discount coupons and access educational materials from the site, as well as learn about the state law and the location of upcoming classes and seat checks

Booster Seat Web Site



- **Children's Resource Line** – Children's Hospital has a resource line with a fulfillment option. As part of their role with the coalition, the hospital handled bulk order fulfillment. This was key for mass mailings to child-care providers, physicians, and organizations.

Resource information was printed on all of our educational materials and included in our broadcast ads. We shared these resources during trainings, outreach events, and other campaign activities.

Below is a list of campaign activities that the Washington State Booster Seat Coalition used to increase booster seat use from 2000-2003. We engaged in two types of education, broad-based mass media communication and grassroots education which used more direct, personal contact to convey messages.

### MASS MEDIA ACTIVITIES

- **Radio Spots** – Radio public service announcements and paid advertisements aired during the first three years of the campaign. These spots also used a physician as the main messenger, in addition to local radio celebrities, law enforcement officers and Emergency Medical Technicians (EMTs). Messages used were similar to those in our television ads. These spots aired throughout the day, with an emphasis on the morning and evening commuting hours. Our campaign utilized radio stations listened to by parents, including talk radio, pop music, sports broadcasts, and family stations such as Radio Disney. We also sponsored traffic reports on the radio during morning and evening commutes.

#### Children's Hospital radio spot -- Produced by KOMO Radio (6/21/02)

*Announcer:* You and your child's health is brought to you by Children's Hospital & Regional Medical Center.

*Pat Cashman:* This is Pat Cashman with a word about child safety in cars. I can tell you car crashes are the leading cause of death and injury among children and there's no question a number of those deaths could have been prevented with the proper use of booster seats.

*Pat:* For all of the facts, I'm joined by Dr. Beth Ebel, a pediatrician from Children's Hospital.

*Beth Ebel:* Thanks, Pat. We recommend that kids ride in booster seats until the lap and shoulder belt fits properly. That's when children are about 4 feet, 9 inches tall.

*Pat:* You must be this tall to wear this belt.

*Beth:* In fact, it's a law that kids use a booster seat, if they're between the ages of 4 and 6 years or between 40 and 60 pounds.

*Pat:* Describe how the booster seat works.

*Beth:* The booster seat puts the lap and shoulder belt in your car into a safe position across your child's lap and chest. It prevents the belt from riding up on the belly and prevents injuries to the organs. It also keeps the shoulder belt off the neck to prevent spine injuries.

*Pat:* Dr Ebel, do you think I would fit in booster seat?

*Beth:* No Pat, they're just for kids.

*Announcer:* For a \$10 discount booster seat coupon, visit [www.boosterseat.org](http://www.boosterseat.org), that's [www.boosterseat.org](http://www.boosterseat.org).



- **Television Ads** – We utilized television ads each year to raise awareness among parents about which children need booster seats. Many of the ads included doctors, state troopers, or ambulance workers as messengers since our focus groups indicated that parents would listen to these experts regarding booster seats for their children. When the law came into effect in July 2001, used a well-known police spokeswoman to deliver the message. Ads aired throughout the day, often during local news times and sometimes during primetime. Many of the parents we surveyed reported learning their health information from the TV, so we prioritized this medium working in partnership with State Farm Insurance, KOMO-TV, Children’s Hospital and Regional Medical Center, and the Washington Traffic Safety Commission to provide funding and support.
- **Mass Transit Exterior Ads** – To help reach parents in the car and to reinforce the radio campaign, we purchased large poster ads on the sides and backs of buses, the most popular and visible form of mass transit in the state. Ads from the Washington Traffic Safety Commission focused on grabbing readers’ attention about the importance of booster seats. When the law went into effect, our transit posters focused on the law.
- **Movie Theater Ads** – During the first year of our campaign, the Washington Traffic Safety Commission ran public service announcements during holiday season movie previews. These announcements used one of the designs for the transit advertisements in an effort to reinforce public exposure to our campaign and use resources wisely.

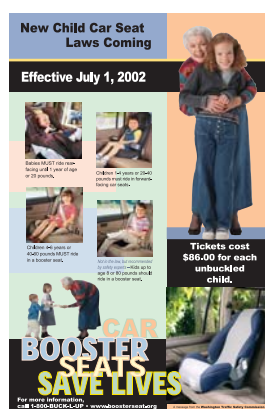


Movie Theater Ad

- **Media Outlet Web Sites** –The KOMO-TV (ABC affiliate) web-site traffic report section included information about booster seats in its Tips section and the home page included an online poll on booster seats for one week. This poll provided an interactive education tool that raised awareness about booster seats, and was a source of feedback for our campaign about people’s knowledge and opinion of booster seats and the law.

- **Print Advertisements in Local Parenting and Health Magazines** – Coalition partners, including Children’s Hospital and State Farm Insurance, utilized existing media buys with local parenting and health-related magazines to run booster seat ads.

CHRC Poster Ad



- **Advertisements on Milk Cartons** – In an effort to reinforce our message with families, advertisements were placed on the side of milk cartons produced by a popular local dairy. This advertisement was donated and ran for several months.
- **News Stories in Media** – During all stages of the campaign we generated news stories in local print and broadcast media, including regional publications geared toward parenting and on talk radio interviews. Story topics included the new booster seat law, basic facts about booster seats, local and statewide usage rates of booster seats based on our research findings and journal articles, and conversations with parents, including national booster seat advocate Autumn Alexander Skeen, about their personal experiences.

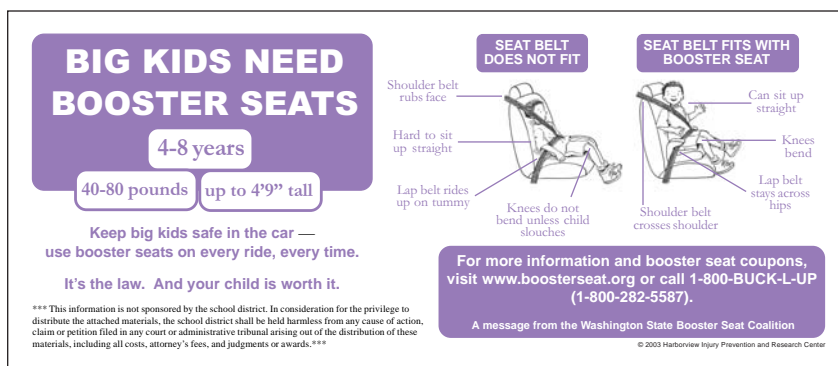


Milk Carton Ad

## GRASSROOTS EDUCATION ACTIVITIES

- **Training of Healthcare Professionals** – Because our parent focus groups showed us that doctors were trusted spokespeople, our campaign provided trainings and educational materials to healthcare professionals. We provided in-services at pediatrician offices for all staff members who interact with families, classes for medical staff and students at area hospitals, and a one-day forum for representatives from hospitals, public health and community clinics in King County, the most populated county in Washington.
- **Training of Child-care Professionals** – We trained child-care directors, staff members, and pre-school teachers through small classes and sessions at regional and statewide conferences. The classes provided participants with continuing education credit required for their child-care license. These trainings were particularly useful to child-care providers because they often transport children and have daily contact with parents.
- **Training of Police Officers and Fire Fighters** – Public safety officers became members of Washington State’s Child Passenger Safety Team – a statewide network of county-based safety restraint experts. The state Office of Highway Safety and a non-profit traffic safety advocacy organization organized the teams and provided the training. Parents could call or visit these teams for advice, and needy families can often receive free or reduced-price seats from these teams.
- **Parent Education Sessions** – Education sessions about booster seats were offered to parents at hospitals, clinics, community organizations, and schools. Some sessions focused only on booster seats and were specifically for parents of elementary or pre-school children. Other trainings included booster seats as part of a general child passenger safety training for parents of newborns and infants.
- **Healthcare Provider Outreach** – We contacted community and provider education departments at area hospitals as well as private clinics to educate them about the booster seat law, booster seat recommendations, and available resources. We also encouraged hospitals to provide booster seats to families through voucher programs or discount coupons. Information about clinic or hospital programs was provided through internal employee publications.

- **Elementary School Outreach** – We educated elementary school students and their teachers directly through a safety program that a local ambulance company offered. EMTs, who are popular with students, invited students inside an ambulance so they could practice using a booster seat on a demonstration vehicle seat. We also sent an educational flyer and a coupon home to parents through school and Parent Teacher Association (PTA) mailings. We delivered educational materials, including a poster, to the school nurses and school principals for posting and/or distribution. Finally, we submitted articles for school newsletters.



1/3 Page Flyer

- **Outreach to Family Education Specialists** – Our booster seat materials were sent to educators at community colleges and other organizations who led classes on child development and parenting. We encouraged child passenger safety and booster seat information to be included in modules on safety and car travel. We also provided information to organizers of parent support groups for their fairs and small group discussions.

### Prescription Pad

Prescription for Car Safety		
Name	Height	Weight
<b>Recommendations:</b>		
Up to at least 20 lbs.	Up to at least 1 year old	Rear-facing Seat (infant or convertible)
20 to 30 lbs.	Less than 1 year old	Rear-facing Seat (convertible)
20 to 40 lbs.	Over 1 year old	Forward-facing seat with harness
Over 40 lbs. & under 4 ft. 9 in. tall.		Booster Seat with lap and shoulder seat belt
At, or over 4 ft. 9 in. tall (generally about 80 lbs and at least 8 years old).		Lap and Shoulder Seat Belt (Never put the shoulder belt behind the back or under the arm)
<b>NOTES:</b> <ul style="list-style-type: none"> <li>Always follow the instructions that come with the child safety seat or booster seat.</li> <li>Always use both the lap and shoulder belt with your booster seat.</li> <li>Some booster seats come with a harness for children weighing between 30 to 40 lbs. Remove the harness when your child outgrows it, or reaches 40 lbs.</li> <li>The back seat is the safest place for all children to ride.</li> </ul>		
For more information: Visit <a href="http://www.boosterseat.org">www.boosterseat.org</a> or call 1-800-BUCK-L-UP.		

front

To see if the seat belt will fit your child, try the following test.\*

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the lap belt fit snugly across the top of the thighs?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can the child sit like this for the whole trip?

If you answer "no" to any of these questions, your child needs to ride in a booster seat.

\*Used with permission from SafetyBeltSafe U.S.A.

**Types of Boosters**

**No-back booster**  
for cars with built-in headrests

**High-back booster**  
for cars with or without headrests

**High-back booster with harness** (use as a car seat with harness until 40 lbs. then remove and use as a booster seat with lap and shoulder belt)

**Shield booster**  
Using the shield portion of this booster is no longer recommended

back

### Height/Weight Scale

- **Outreach at Health Fairs** – We set up information booths and displays at health fairs held at hospitals, clinics, community centers, and schools through all stages of the campaign. Besides answering questions, we weighed and measured children using a colorful “Child Passenger Safety Scale” and provided recommendations on which safety restraint was best for the child. We used a specially designed “prescription pad” form to write the recommendations on and to provide families with written information about booster seats. When we were unable to staff a booth for the fair, we sent along information and discount coupons that parents could take with them.



- **Outreach at Community Festivals and Child-Oriented Fairs** We attended neighborhood festivals and events centered on booster-size children to help deliver our message to parents. We found the child-oriented events, such as the KOMO-TV Kids’ Fair, more useful than street fairs and other festivals that do not always attract a large number of families with booster-size children. Activities at these events included Polaroid photos of children properly seated in a booster seat, coloring activities, height/weight measurements using our “Child Passenger Safety Scale,” and booster seat raffles.



- **Seat Check and Giveaway Events** – Throughout the campaign, organizations in the Coalition organized or assisted with booster seat fittings at seat check and giveaway events. Coalition members, many of whom were volunteer child passenger safety technicians, fit hundreds of children in booster seats. When needed, booster seats were provided free to the families. These events provided parents with hands-on demonstrations and information about how to use their particular booster seat. Events were held at hospitals, fire departments, police departments, retail stores, car dealers, and community organizations during the spring, summer, and fall months.
- **Neighborhood Community Association Outreach** – To reach families on a neighborhood level, we communicated with leaders and newsletter editors of community associations. Neighborhood groups are often homeowners’ associations or community clubs, and they work with a city’s town hall in bettering the community. These associations also provide a useful grassroots communication network for information about booster seats. Newsletter articles and educational materials were provided to the association leaders. These materials were distributed at block parties and neighborhood block watch events.

- **Materials Mailings to Community Organizations, Healthcare and Childcare Providers, and Social Service Centers** – We mailed educational materials to various community organizations that serve families and children throughout the course of our campaign. These mailings included order forms and information resources that the recipients' could contact for additional information. Our mailings were sent to the following organizations:

*HEALTHCARE:*

- Hospital Community Health Education Departments
- Hospital Emergency Rooms and Trauma Nurse Coordinators
- Pediatric and Family Medicine Clinics
- Public Health Nurses and Departments

*CHILDCARE:*

- Child care centers
- YMCAs and other after-school programs
- Headstart and other programs for early education of low-income children

*SOCIAL SERVICE ORGANIZATIONS:*

- WIC Clinics
- Libraries
- Shelters
- Social and Human Service Agencies

*COMMUNITY ORGANIZATIONS:*

- Community Centers
- Senior Centers (to reach grandparents)
- SAFE KIDS Coalitions

*OTHER:*

- Native American Tribal Governments

# INCREASING USE THROUGH A DISCOUNT COUPON PROGRAM

A booster seat discount program has been a key component of the Washington campaign. Many families and organizations have called the toll-free hotline, visited the web site, or contacted us simply because we offer coupons. From 2000-2002, we offered a \$10 discount toward an Evenflo® low-back booster seat that was sold at Fred Meyer, a local retailer with stores throughout the state. This coupon brought the price of a booster seat to under \$20 – an affordable range for many families according to our focus group testing. In 2003, we began offering a new coupon, good for \$5 off any Cosco® brand booster seat sold at Target Stores, a national retailer with a statewide network of stores. The coupon allowed families to purchase a low-back booster seat for approximately \$12 and a high-back booster seat for \$25.

## WHY USE A COUPON PROGRAM?

Increasing access to booster seats is the most important reason for including a coupon program in a campaign. Even though some booster seats are priced affordably for families, the seats are still too expensive for many. Focus group research has shown that cost is one of the biggest barriers for parents. A discount coupon helps remove, or reduce, this barrier for low-income and middle-income families. Many families have told us that they appreciate the information provided on the coupon and that it made a difference in their decision to purchase a seat.

Booster seat coupons also help promote booster seat use by drawing attention to booster seats. The coupon encourages families to consider buying a booster seat. Doctors, child-care providers, and public safety officials may be more likely to distribute information to parents if they see a benefit for the family in the form of a discount coupon.

Because coupons attract attention, a discount program can help you reach more families with your message and educational materials. The reverse side of our coupons included brief information about which children need booster seats and why booster seats are needed. If a parent picked up only the coupon, she or he would still get exposure to our key messages.

A booster seat coupon also benefits your campaign by helping you build relationships with community businesses. When discussing a coupon program or when surveying the neighborhood to find out what stores offer booster seats, you convey to the store owner/manager that booster seats are important products to offer. If store owners know this, they may be willing to help you with a coupon program or with an educational program. Fred Meyer and Toys ‘R Us supported a number of car seat checks during the campaign.



Fred Meyer Coupon



Target Coupon



## SETTING UP A COUPON PROGRAM

Setting up a booster seat discount program is a challenging task, but the rewards for your campaign and for families are worth it. It takes time and energy to make contacts and build relationships with community businesses. It also takes time to sell your idea to the business and, if successful, design, print and distribute the coupons. Below is a checklist to follow in creating a coupon program for your community.

- ☐ **Find out what stores sell booster seats in the community and where retail stores are located.** Are they accessible to the communities you want to help? Do the stores market to your audience and does your audience shop there? Do they carry a wide selection of booster seats? Are their prices reasonable so that a discount will be enticing and helpful for families?
- ☐ **Determine what your ideal discount coupon would offer.** Consider the type of seats your target families need, what discount would be enticing, and how long the coupon program should last. Focus group testing can help provide some of these answers.



- ❑ **Find partners to help with the costs of printing and distributing coupons. Plan who, how, and when to deliver these to families.** The retailer may agree to print the coupons or another community partner may be able assist. Some partners may just wish to have their logo printed on the coupon in exchange for free printing services.
- ❑ **Approach the regional or corporate office of booster seat retailers and manufacturers about your program.** Write an introductory letter and include an executive summary of your overall program. Describe how the coupon program would benefit the communities you serve. Share how your booster seat education program can benefit the retailer or manufacturers. If a company representative is interested, provide a list of the key components of a coupon program. Many coupons involve a shared cost arrangements between the retailer and the manufacturer.
- ❑ **Arrange for booster seat educational information to appear on the reverse side of the coupon.** As discussed above, the back of the coupon is an excellent avenue for delivering your message. For families who do not receive other educational information, the coupon may be the only written information that they see.
- ❑ **Ask your company contact to educate their employees about the coupons.** To help this effort, offer to provide your contact with an information flyer that can be displayed in company workrooms. Provide them with booster seat educational materials in case managers wish to empower their sales representatives with knowledge. A knowledgeable sales staff are better positioned to answer parent questions and sell the right product.
- ❑ **Discuss how the company can help the campaign by providing redemption information to track coupon program and overall campaign effectiveness.** Raw sales data may be difficult to obtain as this information is often confidential. The retailer may be willing to share how many coupons were redeemed per store. Consider coding and tracking coupons by distribution method to determine which channels are most effective. Tracking codes may be an additional burden for the company, however, so this may not be possible.

- ❑ **Acknowledge and thank your coupon partner.** Issue a press release to recognize your partner's support in keeping children safe and send thank you letters. Ask coalition members to act as community ambassadors by thanking their local store branch.
- ❑ **Encourage coalition members and other community distributors to alert store managers about upcoming educational events that may bring customers to the store.** Retailers want to have enough seats to meet customer demand, and many stores do not keep large quantities of stock. Positive relationships also help if you need to smooth out any problems that arise or want to hold future events at the store.
- ❑ **Periodically check in with coalition members, community contacts, and families to find out how the program is doing. Also, check in with your company contact.** Provide updates to company contact on how the coupon program has helped the families in your community. Troubleshoot any problems that arise.

**Tips to Remember When  
Developing a Coupon Program  
Partnership**

- Be prepared to contact many company representatives before finding the right person.
- Be prepared with a quick summary of your program and how the coupon will help the company and the community. Your company contact may only have a brief moment to consider your proposal.
- Be prepared for the decision-making process to take a long time.
- Be prepared to negotiate and accept compromise.
- Be prepared for businesses to turn you down.

# EVALUATING YOUR CAMPAIGN

Evaluating a booster seat campaign will measure how effectively it has delivered a message to your audience. An evaluation is often seen as the last step, but it is actually done throughout the course of your campaign. You should determine how you will evaluate your program when you initially plan the framework for your overall campaign. There are different types of evaluation activities and different approaches to take depending on program goals and resources.

## WHY EVALUATE YOUR CAMPAIGN?

A carefully designed evaluation strategy is just as important as the campaign strategy. If your campaign works, you want to know! If it does not work, you want to know that, too, so you can figure out your next steps. An evaluation can show if booster seat use has changed in your community and which families have begun using them. It can give information on whether parents are receiving campaign materials. Program evaluation can also highlight campaign needs. For example, it can identify high-risk neighborhoods where booster seat use is low or identify an age group that is not responding to the current message. In short, a careful evaluation is not only an integral part of a booster seat education campaign, but also a critical part of program planning for the future.

Program evaluations also serve a public relations function for the campaign. Sharing results from a survey of booster seat behavior will provide a reason to contact the media. Press stories generated from this information will provide another opportunity for your audience to hear why booster seats are important. Reporting increases in community booster seat use shows non-users that booster seats are becoming more widely accepted, perhaps prompting them to join the bandwagon.

Evaluation results may provide opportunities to improve campaign funding – an essential need for continuing your good work! Potential grant-making organizations and in-kind donors are interested in hearing what you have done and how you have made an impact on the community. They like to know that their will be well-spent and will make a difference in the lives of families. Resources are always scarce and it is important that they be used wisely. An evaluation is the only way to now this.

## TYPES OF PROGRAM EVALUATIONS

Each campaign is designed around a measurable objective. The role of program evaluation is to determine whether that objective was met. Evaluation of the primary campaign goal – for example, whether you increased booster seat use or whether you increased awareness about the booster seat law – is called the “outcome evaluation”. Evaluation of what you did in your campaign is called the “process evaluation”.

## OUTCOME EVALUATION – MEASURING CHANGE IN BOOSTER SEAT USE

In our booster seat campaign, our goal was to increase booster seat use among 4-8 year-old children. Our outcome evaluation, therefore, was a survey of observed booster seat use. As our campaign was based at a regional injury research center and affiliated with a university, we used a scientific research method to evaluate program effectiveness. Your campaign does not need to be evaluated by a formal research study, but you can still conduct an effective evaluation in your community.

### How We Designed Our Booster Seat Observation Surveys in King County, WA

For our research study, our goal was to increase booster seat use in King County and we chose intervention neighborhoods to specifically study. Then we made our goal more specific: to increase booster seat use by at least 10 percent more than booster seat use in control neighborhoods. Of course, it would be wonderful if booster seat use resulted in fewer child deaths or hospital admissions, but detecting a difference in child deaths, which fortunately are rare relative to booster seat use, would have been a prohibitively large and expensive study. So we settled on increasing booster seat use. We decided that we could best measure booster use by directly observing children in the car, since we had concerns that families would not be able to accurately report booster seat use, either because they were confused about what a booster seat was, or because people generally over-report behaviors which are socially desirable.

- **Objective.** We measured baseline booster seat use in each of the 12 communities beginning in January, 2000. Follow-up observations were conducted 15 months later, beginning in March, 2001. We conducted observations at 83 child-care centers and after-school programs.<sup>1, 2</sup>
- **Collaboration.** One key component of our booster seat campaign was forming collaborations with knowledgeable individuals and organizations. This is also important in developing an evaluation plan. Consider working with colleagues who have evaluated other programs. Partnerships with academic institutions or a school of public health or public health officials may also provide critical expertise to help plan a successful evaluation plan. We worked with academic researchers who had evaluated other community campaigns, and got statistical advice in our study design and analysis from an epidemiologist at the University of Washington.

- **Ethical design.** Consider the ethical implications of your study and evaluation. In our institution, any research plan must be presented to and approved by the Human Subjects Division, which reviews our methods and plan. The risks to an evaluation are that a driver might feel his or her privacy is being compromised, or may not wish to talk with the observers, or may feel that he or she is made to feel embarrassed or ashamed if children are not in the proper restraint. We minimized these risks in the following ways: (i) getting written consent from observation sites; (ii) handing an information sheet about our study with study contact information to each driver, (iii) we did not record identifying information about drivers or passengers, such as license number, name, or telephone number; and (iv) providing each driver with beneficial information about booster seats.
- **Choice of intervention and control areas.** Our campaign was community-based, and so we were interested in the use of booster seats in our four intervention neighborhoods. We chose eight neighborhoods in two other cities (Portland, Ore., and Spokane, Wash.) as our control neighborhoods. These control neighborhoods were important for our campaign, because we thought that booster seat use might continue to rise even in the absence of our campaign, and therefore we wanted to separate out any general trends in booster seat use from the impact of our campaign activities.
- **Survey design and methods.** After pilot testing our survey with families, we designed a very short survey tool to measure booster seat use. Cars were approached in the parking lot at pickup times only after the driver had an opportunity to secure any children in the vehicle, and to fasten his or her own seatbelt. Cars leaving with only a non-ambulatory child were excluded from the survey. When stopping parents who are already in a car with their children, it was very important that the survey was brief (less than one minute of parent time). Appendix XXX has a copy of our survey instrument. We asked parents very simple questions about the age and weight of child occupants, and then asked about why they chose their restraint method, and whether they were aware of the booster seat law. Trained observers conducted the survey and directly observed and recorded car seat use for all child occupants.

- **Observation sites.** We conducted observations at 83 child-care centers and after-school programs.<sup>1, 2</sup> Since the booster seat promotion campaign was neighborhood-based, these sites were chosen in order to measure booster seat use in the local 4-8 year old population, rather than the wider population of children one might expect to find at a toy store or larger shopping center. We decided to approach parents who were picking up their children at child care centers and schools, feeling that they were less rushed at pick-up than at drop-off. Fast food sites were pilot-tested but were not used as observation sites because very few booster eligible-children per hour were observed, making observations too inefficient, and because several communities had only one or two fast food restaurants within their borders. Random intersection sites were not used because the study required that vehicles be stopped and approached, so that drivers could be directly questioned about child age and weight. Our coordinator obtained a list of child care centers and after-school programs, and then called each site with more than 20 enrolled children of booster age in order to get permission to conduct our survey. We emphasized that it was a brief survey, families would benefit from receiving information about booster seats, and our professional observers would stop by to introduce themselves to office staff, and would be wearing official safety vests.
- **Pilot testing the survey instrument.** A pilot study was conducted to determine the feasibility of the observational study and brief survey. This was critical in making sure questions were understandable, observers were clear on their instructions, and the questionnaire was brief enough for parents to answer quickly.
- **Hiring observers.** Observers were recruited from local colleges and communities through newspaper ads in college and local newspapers. All observers underwent a standardized three-hour training program to explain the aims of the study and the methodology. Practice observations were conducted under supervision prior to data collection. Observers were taught about child passenger safety, how to identify car seats, and interview techniques. We emphasized the importance of treating parents with respect at all times, even when it appeared their children were not properly restrained. Teams of two or more observers visited each site. Having two observers lessened the chance of erroneous data, sped up data collection at busy sites, and provided companionship and safety. As we have branched into communities with non-English speaking families, we have begun to employ bilingual observers and study materials.

- **Organization of observations.** The organizational skills of our program coordinators were critical to the success of these observations. Our program coordinator kept spreadsheets of approved observation sites, and communicated with observers by email daily in order to schedule sites and observers. She collected weekly observation forms, and was available to troubleshoot any problems that might arise.

Performing a careful evaluation is not cheap, but putting resources into an ineffective campaign is not cheap either. Evaluation costs may be partly shared among collaborative partners. State safety officials may already be considering child passenger surveys in your area. Explore these options as you consider what components to include in the evaluation of your campaign. When possible, budget for evaluation activities at the start of the project and build in the analysis plan into your campaign.

### **PROCESS EVALUATION – MEASURING WHAT YOU DID**

“Process evaluation” tools can help measure and document the activities of your campaign. For example, how many brochures did you distribute to parents? Through what channels? Was a booster seat law passed? How many coupons were distributed, and how many coupons were redeemed by retailers? How many individuals called a local phone hotline for information and advice?

In the Washington campaign, there were a number of process measures used, including tracking data on coupon delivery and redemption, channels and number of booster brochures and fliers distributed, participation in community events, formation of a parent advisory group, collecting statistics on visits to our [www.boosterseat.org](http://www.boosterseat.org) web site, tracking paid media spots, and collecting press clippings on news coverage. Keeping track of these program activities helped guarantee that campaign goals were being accomplished.

#### **TIPS FOR SETTING UP COST-EFFECTIVE BOOSTER SEAT USE OBSERVATION SURVEYS**

- Partner with your state Office of Highway Safety or other public safety organizations who may be considering surveys in your area.
- Hire part-time college students as observers or partner with a university class to carry out some of the work for course credit.
- Use existing staff to coordinate research observations.
- Ask coalition partners for donations of study materials (i.e. maps, printed survey forms)



# FUNDING THE CAMPAIGN

A successful booster seat campaign will require funding to pay for program activities, staffing, and communications. What you can accomplish will depend upon the amount of funding your organization can obtain, either through direct grant support or through partnerships and the pooling of community resources. You can run a program on as little as \$25,000 or on as much as \$250,000 per year. There are creative ways to make a booster campaign work even on relatively little funding. Costs can be defrayed by asking for in-kind donations from community organizations and businesses, and by sharing costs with partners on program activities.

## BUDGET ITEMS FOR A BOOSTER SEAT CAMPAIGN:

- **Project Coordinator** – You will need a paid project staff member to coordinate the campaign, mobilize community organizations, and manage day-to-day administrative tasks. This could be a part-time position.
- **Educational Materials and Media** – Educational materials and media are key components of any campaign. You may produce brochures, information sheets, posters and paid media advertisements, including radio and TV spots, depending on your communications strategy. You may be able to use existing materials that have already been tested and developed. If you choose to create your own materials, you will need resources for product design, creation, and production. There are also costs to distribute materials. This will be one of the campaign's biggest expenses. Many, if not all, of these costs can be covered through donations or grants. For paid advertisements, many media outlets will offer non-profit organizations a price reduction, either through matching paid spots at a 2-to-1 or 3-to-1 rate or by offering reduced rates.
- **Meeting and Event Costs** – You will need funds to support coalition meetings, press events, and community outreach activities such as booster seat fittings. You may also need funds to pay for booths and attendance at health fairs, community festivals, and family events. If you are part of a non-profit organization, many of these costs may be waived or reduced. You can save money by partnering with other organizations attending the event. Seattle Children's Hospital and Regional Medical Center, for example, has included the Booster Seat Coalition's booth in its area at our region's annual Kids' Fair event.
- **Parent Feedback and Program Evaluation Costs** – Conducting focus groups or parent feedback sessions, and assessing the success of your campaign requires funding support. You can save money by conducting your own focus groups or by relying on previous focus group research to understand parental



attitudes and beliefs about booster seats (see section XX above). To save money on program evaluation, you do not need to engage in a formal research evaluation study that requires surveying large numbers of people and studying a control group. Instead, you can conduct periodic observational surveys in your community to track the effects of your campaign.

- **Operations Costs** – Office space and equipment, computer and phone support, day-to-day mailing and delivery charges, and support from organization administrative staff will also be a part of your campaign budget. Few organizations will donate monies to cover these costs, so it may help to run the campaign out of a larger organization. The Booster Seat Coalition received generous operations support from the Harborview Injury Prevention and Research Center during its campaign.

## FUNDING SOURCES

There are many public and private organizations that are willing to support booster seat education campaigns and programs. Increasing booster seat use has become a priority for federal and state agencies. Moreover, promoting children's health and safety is a focus area for many private foundations. Few organizations will pay for staff time and administrative costs, but many will consider funding for educational outreach, booster seats for distribution to families, and materials development, including focus groups, creative development, and printing. Some organizations, primarily public agencies and private foundations, will fund research costs for program evaluation.

### Potential Sources of Grant Funding:

- **Federal, state, and local agencies** (National Highway Traffic Safety Administration, state Offices of Highway Safety, local health and public safety departments)
- **Private foundations, national and local** (American Automobile Association, Robert Wood Johnson Foundation, local hospital foundations, other foundations focused on children's health)
- **Community or coalition partners** (hospitals, local SAFE KIDS Coalitions, private businesses, such as insurance companies)
- **Organization employee funds for projects** (i.e. hospital funds for projects for patients)

*Potential In-Kind Donation Sources:*

- **Private businesses** for printing and production of educational materials, media buys, booster seat donations, food and venues for meetings and booster seat fittings
- **Public relations and advertising companies** for creative consulting and production work
- **Media companies**, such as TV broadcast outlets, for creative consulting and production work. These companies may also be able to help partner your campaign with a local business who would like to sponsor a community education project.
- **Booster seat manufacturers and retailers** for discount coupons or discounted seats. Retail partners may also be willing to hold an educational outreach event at their store, donating a venue, staff helpers, and refreshments for attendees.
- **Insurance companies** for materials creation, media ads, booster seat donations, and outreach event venues
- **Car dealers** for media ads, booster seat donations, and venues for outreach events

**The Washington State Booster Seat Coalition has received generous campaign support from the following organizations:**

The Ambulatory Pediatrics Association  
 American Public Health Association  
 The American Trauma Society  
 Bartell Drug Company  
 The Centers for Disease Control and Prevention  
 Children's Hospital and Regional Medical Center  
 Evenflo Corporation  
 Fred Meyer Stores  
 Group Health Community Foundation  
 Harborview Injury Prevention and Research Center  
 KOMO-TV  
 National Highway Traffic Safety Administration  
 Nesholm Family Foundation  
 Safety Restraint Coalition  
 State Farm Insurance  
 Target Stores, Incorporated  
 Washington Traffic Safety Commission

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## **FOCUS GROUP MATERIALS**

- Recruitment Flyers**
- Script for Facilitator**

## **PROGRAM EVALUATION MATERIALS**

- Observation Survey Form**
- Observation Script**

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**[Brochure]**

APPENDIX A

## Is Your Child Ready for a Seat Belt? (Outer Page)

### Did you know...

- Seat belts do not properly fit children under 4 feet 9 inches tall. Booster seats solve the problem.
- Car crashes are the number one cause of death and injury for children 4 to 8 years old.
- Booster seats provide 3 times better protection against injury than seat belts alone.

### Where can I get more information?

Visit our Web site at:

[www.boosterseat.org](http://www.boosterseat.org)

Call the Safety Restraint Coalition at  
(425) 828-8975 or 1-800-BUCK-L-UP

This brochure was developed by:

**Children's**

**HARBORVIEW**  
CHILD PROTECTION  
AND PREVENTION CENTER

**WTSC**

WASHINGTON TRAFFIC  
SAFETY COMMISSION

**BUCK-L-UP**

SAFETY RESTRAINT  
COALITION

Working together with the  
Washington State Booster Seat Coalition

Information from:  
National Highway Traffic Safety Administration  
SafetyBeltSafe U.S.A.  
Safe Ride News Publications  
Safety Restraint Coalition

Published 9/2000, revised 9/2003

## Is your child ready for a seat belt?

### Think again:

Children need to ride in a booster seat until they are at least 4' 9" tall, usually at about 8 years old and 80 pounds.



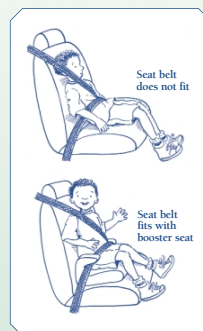
[www.boosterseat.org](http://www.boosterseat.org)

### How do I know when the seat belt fits my child?

#### Try this fit test:\*

1. Does your child sit all the way back against the auto seat?
2. Do your child's knees bend with ease at the edge of the auto seat without slouching?
3. Does the lap belt fit snug across the top of the thighs, not up on the tummy?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can your child sit like this for the whole trip?

If you answer "no" to any of these questions, or your child puts the shoulder belt under the arm or behind the back, a booster seat is needed for a safe seat belt fit.



\* Used with permission from SafetyBeltSafe U.S.A.

### Washington's Child Restraint Law

Booster seats are now required by law in Washington State.

- Children 4 to 6 years old or 40 to 60 pounds must use a booster seat.
- Children six years of age or older, or that weigh more than 60 pounds, must be restrained with a properly fitting seat belt or booster seat.\*
- Vehicles equipped with lap-only seat belts (those without a shoulder strap) are exempt from the booster seat requirements.

Fines are more than \$100 for every improperly buckled child.

\*NOTE — Doctors and safety experts recommend that children ride in a booster seat until the lap and shoulder seat belt fits right, usually when they are

- At least 4 feet, 9 inches tall
- At least 8 years old
- Around 80 pounds.

This law is named in memory of Anton Steen, a 4-year-old boy who died in a car crash because he was using only a seat belt.

### How does a booster seat work?

A booster seat raises your child up so the car's lap and shoulder belt will fit properly. It is made for children who are too big for a car seat but not big enough for the adult seat belt.

### Why does my child need to ride in a booster seat?

In a crash, a child who is too small for the seat belt can slip out and get hurt. With a booster seat, the lap belt sits at the top of the thighs, not on the tummy. The shoulder belt goes across the shoulder and chest, not across the face or neck. If it's tucked under your child's arm or behind her back, your child's body will fly forward in a crash.

## Is Your Child Ready for a Seat Belt? (Inner Page)

### How do I pick the right booster seat?

Booster seats come in many types and styles. Check the label for the weight limits and always follow the manufacturer's instructions. Booster seats range in price from \$15-\$110. A higher price may not mean a better or safer booster seat. Here are some guidelines to help you:

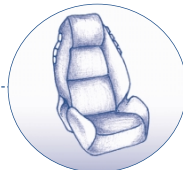
#### No-back booster

- Must be used with a lap and shoulder belt.
- This style works best in a car that has headrests that come above your child's ears when he is sitting in the booster seat.
- This model is easy to pack up and move from car to car.



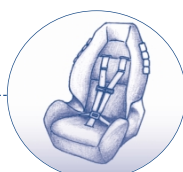
#### High-back booster

- Must be used with a lap and shoulder belt.
- A high-back booster seat protects against whiplash in cars with low seat backs.
- It can be used in cars with or without headrests.



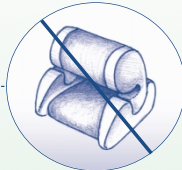
#### Forward-facing seat with harness

- Use the harness until your child weighs 40 pounds.
- Then, remove the harness and use the booster seat with the lap and shoulder belt.
- Be sure to read and follow the manufacturer's instructions.
- This booster seat can be used in cars with or without headrests.



#### Shield booster

- Using the shield portion of this booster is no longer recommended.
- In some models, you can remove the shield and use it as a no-back booster in a car with headrests. Be sure to use your lap and shoulder belt.
- If you have questions about shield boosters, please call 1-800-BUCK-L-UP.



#### What if my car has only lap belts in the back seat?

All booster seats are designed to be used with a lap and shoulder belt. Check with the Safety Restraint Coalition at 1-800-BUCK-L-UP to find out what products are available for cars with lap belts only. And remember, a properly worn lap belt is better than nothing at all.

#### Can my child use a seat belt adjuster to make the lap and shoulder belt fit right?

No. Although a seat belt adjuster may make the shoulder belt fit better, most move the lap belt onto the tummy, which can cause serious injuries.

### When does my child need to use a booster seat?

Start to use a booster seat when your child:

- Outgrows his forward-facing car seat with a harness (when his shoulders are above the top set of strap slots).
- Weighs about 40 pounds.
- Children should continue to use a booster seat until they are at least 4' 9" tall.

### My 6-year-old says he is a big boy now and does not want to ride in a booster seat. What should I tell him?

You know your child best, but here are some ideas:






- It's the law.
- I love you and want to protect you. The seat belt alone is not enough.
- Booster seats are made especially for older kids just like you.
- You'll be able to see out the window better.
- A booster seat will make the seat belt fit right and be more comfortable.

### Remember:

- A booster seat needs to be used every time.
- Tell your day care provider, relatives and friends that your child always needs to ride in a booster seat.
- The back seat is the safest place for all children to ride.
- Always buckle an empty booster seat in place or store it in the trunk.




## Growing and Going Safely (Outer Page)

<p><b>If your car has air bags remember:</b></p> <ul style="list-style-type: none"> <li>Everyone must still buckle up.</li> <li>Air bags offer <b>extra</b> protection, they don't <b>replace</b> seat belts.</li> <li>Air bags inflate forcefully.</li> <li><b>WARNING!</b> Never use a rear-facing child car seat in the front seat if there is a passenger-side air bag <b>unless</b> you have an air bag cutoff switch. Infants can be killed or badly injured if the air bag hits the back of the car seat.</li> </ul>   <p><b>With or without an air bag, the safest place for kids is the back seat!</b></p> <ul style="list-style-type: none"> <li>Air bags were designed for adults. Even children in forward-facing child car seats, boosters or seat belts properly buckled up may be at risk.</li> <li>Children younger than 13 years of age should not ride where there is a passenger-side air bag.</li> <li>If older children must ride in the front seat, make sure they are properly buckled up. Move the vehicle seat as far away from the dashboard as you can.</li> </ul> <p>For free air bag warning stickers, call (425) 828-8975 or 1-800-282-5587</p>	 <p><b>Rules for riding safely</b></p> <ul style="list-style-type: none"> <li>Everyone always buckles up – even on short trips</li> <li>Seat belts, air bags, and child car seats protect you only if you use them correctly.</li> <li>The back seat is the safer place for your child.</li> <li>Washington's law as of July 2002 says that everyone in the car must be buckled up. Babies must ride rear-facing until one year of age or 20 pounds. Children 1-4 years of age (20-40 pounds) ride forward-facing in a child car seat. Children 4-6 years of age (40-60 pounds) must ride in a booster seat. Cars with lap-only seat belts are exempt from the requirement to use booster seats. Whenever possible, all children should ride in the rear seat of the car.</li> <li>Pregnant women should wear both the lap and shoulder parts of the seat belt. The lap belt should fit snug and low under the belly.</li> </ul>	<p><b>For more information</b></p> <p>To learn more about child passenger safety call your local law enforcement agency, health department or doctor.</p> <p>Questions about choosing a car seat or using it correctly? Call the Safety Restraint Coalition (425) 828-8975 or 1-800-BUCK-L-UP. They can provide car seat recall information, or tell you where to find car seat distribution programs. For information about a specific car seat, contact the manufacturer. Be sure to fill out and mail the registration card packed with each new car seat.</p> <p>Kids can join the <b>Buckle Up Helper Club</b>. It's free and teaches safe seat belt habits. Buckle Up Helpers get free stickers and club mailings. Call 1-800-BUCK-L-UP.</p>  <p><b>If a seat belt, child car seat, booster seat, or air bag saved you or your family from injury in a car crash, you can join Washington's Saved by the Belt Club. To join and get a free license plate frame call the Safety Restraint Coalition 1-800-BUCK-L-UP</b></p> <p>The Washington Traffic Safety Commission has information about occupant protection, impaired driving, bicycle and pedestrian safety and other traffic safety issues. Call (360) 753-6197</p> <p>Printing and distribution made possible by the Washington Traffic Safety Commission. © 2002 Safety Restraint Coalition.</p>	<p><b>KIDS AND CARS:</b></p> <h3>Growing and Going Safely</h3> 
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## Growing and Going Safely (Inner Page)

**Give children the "best" protection as long as possible ~ Child car seats protect well, but only if used correctly.**

<p><b>Babies (up to 20 lbs. and at least one year of age) should use an Infant or Convertible Seat</b></p> <ul style="list-style-type: none"> <li>Seat faces rear of vehicle.</li> <li>Use a convertible seat that goes to 30 lbs. or more, in the rear-facing direction, for a baby who reaches 20 lbs. before one year of age.</li> </ul>  <ul style="list-style-type: none"> <li>Convertible seats should be reclined.</li> <li>Harness fits over baby's body. Add blankets over harness, <b>not</b> under it.</li> </ul>  <p><b>A tightly rolled towel may be used under seat to keep the base level.</b></p> <p><b>Children one year to 40 lbs. should use a forward-facing seat with harness</b></p> <ul style="list-style-type: none"> <li>Seat faces forward</li> <li>Convertible seats should sit upright</li> <li>A 5-point harness, T-shield or tray should all protect equally.</li> <li>Use until:             <ul style="list-style-type: none"> <li>child is at least 40 pounds or</li> <li>child's shoulders are above top harness strap slots, or</li> <li>part of child's ears are above top of seat.</li> </ul> </li> </ul> 	<p><b>Children (up to eight years and 4', 9") should use a Booster Seat</b></p> <ul style="list-style-type: none"> <li>Booster seats face forward</li> <li>Look for a label saying the booster is for use in automobiles.</li> <li>Never use a pillow, book or restaurant booster in the car.</li> <li>Properly position booster in the adult lap and shoulder belt.</li> </ul> <p><b>Try this 5-step test:</b></p> <ol style="list-style-type: none"> <li>Does the child sit with hips all the way back against the auto seat</li> <li>Does the child's knees bend comfortably at the edge of the auto seat?</li> <li>Is the lap belt on the top part of the thighs?</li> <li>Is the shoulder belt centered on the shoulder and chest?</li> <li>Can the child stay seated like this for the whole trip?</li> </ol>  <p><b>Children (over eight years and 80 lbs.) can use seat belts</b></p> <ul style="list-style-type: none"> <li>Wear the lap belt low on the hips and across the top of the thighs. A belt worn on the tummy can cause serious injury!</li> <li>Adjust lap and shoulder belts <b>snugly</b>.</li> <li>The shoulder belt should not cross face or neck.</li> <li><b>WARNING!</b> Never put shoulder belt under the arm or behind the back. A child not tall enough for the shoulder belt should use a booster.</li> <li>Never let two people share one belt!</li> </ul> 	<p><b>The harness holds your child in the seat</b></p>  <p><b>Threaded correctly, the plastic harness clip looks like this</b></p>  <ul style="list-style-type: none"> <li>Straps should be flat, not twisted</li> <li>Forward-facing harness straps must be in the <b>top slots</b> unless the instructions say otherwise.</li> </ul>  <ul style="list-style-type: none"> <li>On some car seats a harness strap adjuster fastens the harness onto the seat. It must be threaded as shown in your instructions.</li> </ul>   <p><b>Two examples of how harness strap adjusters may be threaded.</b></p>	<p><b>There are many ways to hold the car seat firmly in your car</b></p> <ul style="list-style-type: none"> <li><b>ALWAYS READ:</b> <ul style="list-style-type: none"> <li>Child car seat instructions</li> <li>Vehicle manual</li> <li>Any labels on the seat belts</li> </ul> </li> <li>Some seat belts can be pulled tight and will stay tight</li> <li>Other seat belts have one long strap that slides through the latchplate. This style belt may need a locking clip to hold the car seat firmly. Your vehicle manual and child car seat instructions will tell you which seat belts need a locking clip.</li> </ul>    <p><b>locking clip on a seat belt</b></p> <p><b>free-sliding latchplate</b></p> <p><b>put 1/2" from latch plate</b></p> <ul style="list-style-type: none"> <li>Some seat belts retract and stay tight.</li> <li>Other seat belts switch from staying loose to locking when the belt is pulled all the way out and then let back in slowly.</li> <li>Some cars must have an additional buckle or belt piece added by your vehicle dealer to tightly hold car seats. Read auto manual</li> <li>A tether strap can reduce the forward movement of your child's car seat.</li> </ul> 
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# APPENDIX A

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**[Posters]**

APPENDIX A

## Buckle Up. It's the Law.



## Buckle Up. It's the Law – Spanish Version



## New Child Car Seat Laws Coming

### New Child Car Seat Laws Coming

**Effective July 1, 2002**



Babies **MUST** ride rear-facing until 1 year of age or 20 pounds.



Children 1-4 years or 20-40 pounds must ride in forward-facing car seats.



Children 4-6 years or 40-60 pounds **MUST** ride in a booster seat.



*Not in the law, but recommended by safety experts*—Kids up to age 8 or 80 pounds should ride in a booster seat.



**Tickets cost \$86.00 for each unbuckled child.**



# CAR BOOSTER SEATS SAVE LIVES

For more information, call 1-800-BUCK-L-UP • [www.boosterseat.org](http://www.boosterseat.org)

A message from the Washington Traffic Safety Commission

## Let Them Go Through Stages, Not Glass



Let Them Go Through Stages,

Not Glass.

Kids 4-8 Need Booster Seats

Forward-facing child car seats must be used until at least 4 years of age and 40 pounds. Children between the ages of 4 and 8 years must ride in a booster seat. Buckle up! Buckle up! Buckle up!



Let Them Go Through Stages,

Not Glass.

Kids 4-8 Need Booster Seats

Forward-facing child car seats must be used until at least 4 years of age and 40 pounds. Children between the ages of 4 and 8 years must ride in a booster seat. Buckle up! Buckle up! Buckle up!

# APPENDIX A

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**[Factsheets]**

APPENDIX A

# WASHINGTON STATE BOOSTER SEAT COALITION

## Project Office:

Box 359960  
325 Ninth Avenue  
Seattle, WA 98104-2499  
Phone: (206) 521-1552  
FAX: (206) 521-1562  
Coordinator: **Sue Duvall**

## Quick Facts on Booster Seats

### *Why 4-8 Year-Old Children Need Booster Seats*

- Motor vehicle collisions are the single largest killer for children age 4-8 years. In 2000, over 1,189 children ages 14 and under died in motor vehicle crashes. In 2001, nearly 300,000 children ages 14 and under were injured in vehicle crashes.<sup>1</sup>
- Riding unrestrained is the greatest risk factor for death and injury among child passengers. Among children ages 14 and under killed in motor vehicle crashes in 2001, 55% were not using safety restraints.<sup>2</sup>
- Children age 4-8 years are particularly vulnerable. They make up 43% of child passengers, but sustain 55% of child passenger injuries.<sup>3</sup>
- The total annual cost of motor vehicle occupant-related death and injury exceeds \$25.8 billion for all children ages 14 and under. Every dollar spent on a child safety seat saves this country \$32.<sup>2</sup>

### *How Booster Seats Help Solve the Problem*

- Using a booster seat protects kids from serious injury better than seatbelts alone. Booster seats reduce a child's risk of injury by 59% compared to using only a seat belt and effectively protect children up to 7 years old from serious injury and death.<sup>4</sup>
- Booster seats protect against head injury 4 times better than seatbelts.<sup>5</sup>
- If all child passengers ages 14 and under were restrained properly, an estimated 182,000 serious injuries could be prevented annually.<sup>2</sup>

### *Current Booster Seat Use – Not Enough Children are Adequately Protected*

- Nationally, only 19% of children who should be restrained in booster seats use them.<sup>2</sup>
- In King County, WA, only 33% of children who needed to use booster seats were using them in Spring 2002 (before the state booster seat law took effect).<sup>6</sup>
- In Washington state during Spring 2002:
  - 14% of booster-size children in WA were completely unrestrained in the vehicle.
  - 29% were using only a seat belt.
  - 17% still remained in a forward-facing car seat with a harness, despite exceeding age and weight requirements.<sup>5</sup>

### *Booster Seat Use Can Increase with Parent and Community Involvement*

- The Harborview Injury Prevention and Research Center has found that community-based campaigns significantly increase children's use of booster seats.<sup>7</sup>
- Children are more likely to use booster seats if their parents buckle up in a seat belt every time.<sup>8</sup>



Safety Restraint Coalition

<sup>1</sup> Centers for Disease Control and Prevention, 2003

<sup>2</sup> National SAFE KIDS Coalition, 2003

<sup>3</sup> National Highway Traffic Safety Administration

<sup>4</sup> *Journal of the American Medical Association (JAMA)*, June 2003

<sup>5</sup> *Pediatrics*, June 2000

<sup>6</sup> Harborview Injury Prevention and Research Center, 2002.

<sup>7</sup> *JAMA*, February 2003

<sup>8</sup> *Pediatrics*, April 2003

# Washington State has two Occupant Protection Laws: The Seat Belt Law and The Child Restraint Law



## The Seat Belt Law requires:

- All vehicle occupants be **properly restrained** in all seating positions;
- The driver to see that all children under the age of 16 are properly secured.
- Passengers 16 years of age and older be responsible for themselves and may receive their own ticket if they are not properly restrained.

Buckling one seat belt around two people or placing the seat belt under the arm or behind the back is dangerous, can cause death or serious injury, and is a violation of the law.

## Since July 1, 2002 the Child Restraint Law requires:

- Infants to ride in a rear-facing child car seat until they are one year of age **or** weigh 20 pounds (which ever comes first);
- Children 20-40 pounds **or** one to four years of age (which ever comes first) to ride in a forward-facing child car seat with a harness;
- Kids 4-6 years of age **or** weighing 40-60 pounds, to use a booster seat in vehicles equipped with a lap and shoulder belt.
- Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or properly adjusted and fastened seat belt. Further, the law requires that everyone wear the seat belt correctly. If the seat belt still does not properly fit the child (examples: the shoulder belt crosses the face or neck; shoulder belt is under the arm; shoulder belt is behind the back; or the lap belt is up on the tummy), the driver can still be given a ticket.

## For Additional Safety Follow these Recommendations from the American Academy of Pediatrics

Washington St. Law Effective 7/1/2002	American Academy of Pediatrics Recommendations
Infants must remain in a rear facing car seat until they are one year of age <b>or</b> weigh 20 lbs.	Infants need to remain rear facing until <b>at least</b> one year of age <b>and</b> until they weigh at least 20 lbs. If the label on the car seat says the seat may be used rear-facing up to 30 or more pounds this is the safest way for baby to ride.
Children ages 20-40 pounds <b>or 1-4</b> must ride in a forward facing child safety seat with a harness.	Keep the child in a forward-facing seat with a harness as long as they fall within the height/weight recommendations for the seat. Be careful not to graduate your child to the next seat too soon.
Kids 4-6 years old or weighing 4 - 60 pounds must be in a booster seat <b>in vehicles equipped with a lap and shoulder belt.</b>	Booster seats are recommended until the child is 8 years and 80 lbs. unless the child is about 4' 9" tall. The vehicle <b>must</b> have a <b>shoulder and lap belt</b> to use a booster seat.
Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or a properly adjusted and fastened seat belt to ride in the back seat of a vehicle if the vehicle is equipped with an active passenger air bag. Children six years old or weighing more than 60 pounds shall be restrained in either a booster seat or properly adjusted and fastened seat belt	<p>The law requires everyone who wears a seat belt to wear it correctly (not under the arm or behind the back). Do not to graduate your child to a seat belt too soon.</p> <p>Children 12 and under are safer in the back seat regardless of an air bag.</p>

*Always follow the manufacturers' instructions and guidelines for both the safety seat and the vehicle.*

Adapted with permission from a publication by the Spokane Health District



# WASHINGTON STATE BOOSTER SEAT COALITION

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Box 359960  
325 Ninth Avenue  
Seattle, WA 98104-2499  
Phone: (206) 521-1552  
FAX: (206) 521-1562  
Coordinator: **Sue Duvall**



Safety Restraint Coalition

## Washington State Booster Seat Law Anton Skeen Act

Washington State has a new child passenger safety law, the Anton Skeen Act. This law is the first one passed in the United States requiring the use of booster seats for older children. Belt-positioning booster seats raise a child up so that a lap and shoulder belt system will fit properly. A proper seat belt fit is needed to prevent child injuries and deaths during motor vehicle crashes. **Doctors and safety experts recommend that all 4- to 8-year-old children sit in booster seats until the lap and shoulder belts fit correctly. Typically seat belts fit children when they are at least 4 feet 9 inches tall, about 80 pounds and around 8 years old.**

Washington's new child passenger safety law, which went into effect on **July 1, 2002**, includes the following changes:

- Infants are required to ride in rear-facing infant seats until age one or until they reach 20 pounds.
- Children age one to four or between 20-40 pounds are required to ride in forward-facing child car seats.
- **Children between 4-6 years old or 40-60 pounds are required to use belt-positioning booster seats with lap and shoulder belts. You must use booster seats with lap and shoulder belts.**
- Children 6 years of age and older must use seat belts or a booster seat. It is strongly recommended to use a booster seat with the lap and shoulder belt until the seat belt fits correctly. Please visit our Web site at [www.boosterseat.org](http://www.boosterseat.org) for more information on proper seat belt fit for children, or call 1-800-BUCK-L-UP.

NOTE: Washington law requires that children and adults be properly buckled up. If you are not properly buckled up for your size, you can be given a ticket. As of July 27, 2003, tickets cost \$101.00 for each improperly buckled passenger in a vehicle.

If your car only has lap belts in the back seat, you are not required to use booster seats. To help improve your child's safety in the car if you only have lap belts, there are different products you can buy. For more information call the Safety Restraint Coalition at (425) 828-8975, or visit our Web site at [www.boosterseat.org](http://www.boosterseat.org).

# WASHINGTON STATE BOOSTER SEAT COALITION

## La Oficina de Proyecto:

Box 359960

325 Ninth Avenue

Seattle, WA 98104-2499

Phone: (206) 521-1552

FAX: (206) 521-1562

Coordinadora de Proyecto: **Sue Duvall**

Coordinadora para la Comunidad Latina: **Victoria García**



## La ley del Estado de Washington relativa a los asientos elevados El Acta de Anton Skeen

El Estado de Washington tiene una nueva ley para proteger a los pasajeros infantiles, el Acta de Anton Skeen. Esta es la primera ley que ha sido aprobada en los Estados Unidos que obliga el uso de los asientos elevados para los niños mayores. Estos asientos alzan al niño o la niña de manera que el sistema de cinturones de seguridad, que cruzan el regazo y los hombros, les queden bien puestos y ajustados. Es necesario que el cinturón esté bien puesto y ajustado para prevenirles daños o la muerte a los niños en caso de un choque automovilístico. **Los expertos de seguridad y los médicos recomiendan que todos los niños de 4 a 8 años de edad han de ir sentados en asientos elevados hasta que los cinturones del regazo y de los hombros les queden bien ajustados. Por lo general, estos cinturones les quedan bien puestos a los niños cuando ya miden 4 pies 9 pulgadas (1.4 metros) de estatura, pesan 80 libras (36.3 kilos) y tienen más o menos 8 años de edad.**

Esta nueva ley de Washington para la seguridad de los niños pasajeros, que entró en vigencia el 1 de julio de 2002, incluye los siguientes cambios:

- Es requerido que los infantes deben viajar en asientos infantiles mirando hacia atrás hasta que cumplan un (1) año o hasta que pesen 20 libras (9 kilos).
- Es requerido que los niños entre uno (1) y cuatro (4) años de edad o entre 20 y 40 libras (9–18 kilos) deben viajar en asientos mirando hacia delante.
- Es requerido que **los niños entre 4 y 6 años ó 40 y 60 libras (18–27 kilos) deben, usar asientos elevados para colocar bien los cinturones que a la vez tengan cinturones para el regazo y los hombros. Se deben usar asientos elevados con cinturones para el regazo y los hombros.**
- Es requerido que los niños de 6 años y más grandes deben usar cinturones de seguridad. Se recomienda mucho que use un asiento elevado que tenga cinturones para el regazo y los hombros hasta que los cinturones de seguridad les queden bien puestos. Visite, por favor, nuestro sitio en Internet [www.boosterseat.org](http://www.boosterseat.org) para mayores informes sobre la manera correcta de ajustar bien los cinturones de los asientos en los niños, o llámenos al 1-800-BUCK-L-UP.

NOTA: La ley del Estado de Washington requiere que los niños y los adultos estén bien asegurados con cinturones. Si usted no está bien asegurado con el cinturón dado su tamaño, le pueden dar una infracción. Estas infracciones cuestan \$101.00 por cada pasajero que no esté bien ceñido en el vehículo.

Si su coche sólo tiene cinturones para el regazo en el asiento trasero, no se le exige el uso de un asiento elevado. Para darle mayor seguridad al niño en los coches que sólo tienen cinturones para el regazo, hay diferentes productos que se pueden comprar. Para mayores informes llame a Safety Restraint Coalition (*Coalición de Cinturones de Seguridad*) al (425) 828-8975, o visite nuestro sitio en Internet: [www.boosterseat.org](http://www.boosterseat.org).





# WASHINGTON STATE BOOSTER SEAT COALITION

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Coordinator: **Sue Duvall**

## Booster Seat Tips for Parents and Caregivers

1. Start to use a booster seat when your child weighs 40 pounds and outgrows his forward-facing car seat, usually when his shoulders are above the harness straps in the top slot or his ears rise above the top of the car seat. Check the manufacturer's instructions for the upper weight limit on the forward-facing seat.
2. Plan to use a booster seat until your child fits in the seat belt correctly, typically when he is about 4 feet 9 inches tall, 80 pounds, or 8 years old.
3. Washington law requires children to use booster seats. Tickets cost \$101 for each improperly buckled child.
4. Talk with your child's grandparents, childcare provider and others who transport your child about the need to use a booster seat every time.
5. Explain to your child that booster seats are especially made for older children, not for babies. Many children like the "boost" that the seats give them in helping them see out car windows.
6. Have your child help you pick out a booster seat.
7. Talk with other parents about using booster seats too. The more families who use them, the easier it will be to use them consistently.
8. Read the booster seat instructions and your vehicle owner's manual carefully before installing a booster seat. To ensure proper installation, get your seats checked at your local police or fire department, health center, or car dealership. To find your local car seat inspection station, go to [www.boosterseat.org](http://www.boosterseat.org).
9. All children under 13 years old should sit properly restrained in the back seat.
10. Never use just a lap belt across a child sitting in a booster seat or put the shoulder belt behind a child's back or under the arm. Doing this can increase the risk of severe injury in a crash.
11. Never use pillows, books, or towels to boost a child. These can slide forward out from under the child in a crash.

If you would like more information, go to [www.boosterseat.org](http://www.boosterseat.org), or call the Safety Restraint Coalition at 1-800-BUCK-L-UP.



Safety Restraint Coalition

# WASHINGTON STATE BOOSTER SEAT COALITION

Coordinadora para la Comunidad Latina: **Victoria García**

## **Sugerencias sobre el uso de la silla alzadora para los padres de familia y las personas que cuidan a los niños**



Safety Restraint Coalition

1. Comience a usar la silla alzadora cuando su niño o niña pese 40 libras (9 kilos) y ya no quepa en la silla para el coche que mira hacia el frente, lo cual ocurre generalmente cuando sus hombros ya queden más arriba de las correas del arnés en la ranura superior, o sus oídos queden más arriba de la punta de la silla. Consulte las instrucciones del fabricante para determinar el peso máximo de la silla que da la cara al frente.
2. Use la silla alzadora hasta que el niño quepa en el cinturón de seguridad correctamente, por lo general, cuando mida ya 4 pies 9 pulgadas (1.4 metros), 80 libras (36.3 kilos), o tenga 8 años.
3. La ley del Estado de Washington exige que los niños usen una silla alzadora. Las infracciones cuestan \$101 por cada niño mal asegurado.
4. Hable con los abuelos del niño, las personas que cuidan a los niños y quién más transporte al niño, sobre la necesidad de usar la silla alzadora cada vez.
5. Explíquele a su niño que las sillas alzadoras se hacen especialmente para los niños más grandes y no para los bebés. A muchos niños les gusta como la silla les “alza” para poder ver por las ventanas del coche.
6. Deje que su niño le ayude a escoger una silla alzadora.
7. Convenza a otros padres para que también usen la silla alzadora. Entre más familias las usen, más fácil será usarlas consistentemente.
8. Lea las instrucciones de la silla alzadora y el manual del coche cuidadosamente antes de instalarla. Para asegurarse de que la silla esté debidamente instalada, vaya al departamento de policías o bomberos, centro de salud, o distribuidor de automóviles para que la examinen. Para encontrar la estación de inspección local vea el sitio Internet [www.boosterseat.org](http://www.boosterseat.org).
9. Todos los niños menores de 13 años deben estar bien sentados y sujetos en el asiento trasero.
10. Nunca cruce el cinturón de las piernas sobre el niño que esté sentado en una silla alzadora ni tampoco ponga el cinturón de los hombros detrás del niño o bajo su brazo. Así el riesgo es mucho mayor de un daño muy grave en un choque.
11. Nunca use almohadas, libros, o toallas para alzar al niño. Estos objetos se pueden deslizar para fuera en un choque.

Si necesita más información, visite nuestro sitio en Internet [www.boosterseat.org](http://www.boosterseat.org) , o llame a la Coalición de Cinturones de Seguridad (*Safety Restraint Coalition*) al teléfono 1-800-BUCK-L-UP.

## WASHINGTON'S CHILD RESTRAINT LAW, THE ANTON SKEEN ACT

An act relating to child passenger restraint systems; amending RCW 46.61.687 and 46.61.688; adding a new section to chapter 56.61 RCW; creating new sections and providing an effective date.

**Section 1.** The legislature recognizes that fewer than 5% of all drivers use child booster seats for children over the age of 4 years. The legislature also recognizes that 71% of deaths resulting from car accidents could be eliminated if every child under the age of 16 used an appropriate child safety seat, booster seat, or seat belt. The legislature further recognizes the National Transportation Safety Board's recommendations that promote the use of booster seats to increase the safety of children under 8 years of age. Therefore it is the legislature's intent to decrease deaths and injuries to children by promoting safety education and injury prevention measures, as well as increasing public awareness on ways to maximize the protection of children in vehicles.

**Section 2.** RCW 46.61.687 and 1994c100s1 are each amended to read as follows:

- 1) Whenever a child who is less than 16 years of age is being transported in a motor vehicle that is in operation and that is required by RCW 46.37.510 to be equipped with a safety belt system in a passenger seating position, the driver of the vehicle shall keep the child properly restrained as follows:
  - a) If the child is less than 6 years old or 60 pounds and the passenger seating position equipped with a safety belt system allows sufficient space for installation, then the child will be restrained in a child restraint system that complies with standards of the United States Department of Transportation and that is secured in the vehicle in accordance with instructions of the manufacturer of the child restraint system;
  - b) If the child is less than one year of age or weighs less than 20 pounds, the child shall be properly restrained in a rear-facing infant seat.
  - c) If the child is more than 1 but less than 4 years of age or weighs less than 40 pounds but at least 20 pounds, the child shall be properly restrained in a forward-facing child safety seat;
  - d) If the child is less than 6 but at least 4 years of age or weighs less than 60 pounds but at least 40 pounds, the child shall be properly restrained in a child booster seat;
  - e) If the child is 6 years of age or older or weighs more than 60 pounds, the child shall be properly restrained with the motor vehicle's safety belt properly adjusted and fastened around the child's body or an appropriately fitting booster seat; and
  - f) Enforcement of (a) through (e) of this subsection is subject to a visual inspection by law enforcement to determine if the child restraint system in use is appropriate for the child's individual height, weight, and age. The visual inspection for usage of a forward-facing child safety seat must ensure that the seat in use is equipped with a 4-point shoulder harness system. The visual inspection for usage of a booster seat must ensure that the seat belt properly fits across the child's lap and the shoulder strap crosses the center of the child's chest. The visual inspection for the usage of a seat belt by a child must ensure that the lap belt properly fits across the child's lap and the shoulder strap crosses the center of the child's chest. In determining violations, consideration to the above criteria must be given in conjunction with the provisions of (a) through (e) of this subsection. The driver of a vehicle transporting a child who is under the age of 6 years old or weighs less than 60 pounds, when the vehicle is equipped with a passenger side air bag supplemental restraint system, and the air bag is activated shall transport the child in the back seat positions in the vehicle where is practical to do so.
- 2) A person violating subsection (1) (a) through (e) of this section may be issued a notice of traffic infraction under chapter 46.63 RCW. If the person to whom the notice was issued presents proof of acquisition of an approved child passenger restraint system or a child booster seat, as appropriate, within 7 days to the jurisdiction issuing the notice and the person has not previously and a violation of this section dismissed, the jurisdiction shall dismiss the notice of traffic infraction.
- 3) Failure to comply with the requirements of this section shall not constitute negligence by a parent or legal guardian; nor shall failure to use a child restraint system be admissible as evidence of negligence in any civil action.
- 4) This section does not apply to: (a) for hire vehicles, (b) vehicles designed to transport 16 or less passengers, including the driver, operated by auto transportation companies, as defined in RCW 81.68.010, (c) vehicles providing customer shuttle service between parking, convention, and hotel facilities, and airport terminals, and (d) school buses.

- 5) As used in this section “child booster seat” means a child passenger restraint system that meets the Federal Motor Vehicle Safety Standards set forth in C.F.R. 571.213 that is designed to elevate a child to properly sit in a federally approved lap/shoulder belt system.
- 6) The requirements of subsection (1) (a) through (e) of this section do not apply in any seating position where there is only a lap belt available and the child weighs more than 40 pounds.

**Section 3.** RCW 46.61.688 and 1990 c250s58 are each amended to read as follows:

- 1) For the purposes of this section, the term “motor vehicle” includes:
  - a) “Buses,” meaning motor vehicles with motive power, except trailers, designed to carry more than 10 passengers;
  - b) “Multipurpose passenger vehicles,” meaning motor vehicle with motive power, except trailers, designed to carry 10 persons or less that are constructed either on a truck chassis or with special features for occasional off-road operation[‘
  - c) “Passenger cars,” meaning motor vehicles with motive power except multipurpose passenger vehicles, motorcycles, or trailers, designed for carrying 10 passengers or less; and
  - d) “Trucks,” meaning motor vehicles with motive power, except trailers, designed primarily for the transportation of property.
- 2) This section only applies to motor vehicles that meet the manual seat belt safety standards as set forth in federal motor vehicle safety standard 208. This section does not apply to a vehicle occupant for whom no safety belt is available when all designated seating positions as required by federal motor vehicle safety standard 208 are occupied.
- 3) Every person 16 years of age or older operating or riding in a motor vehicle shall wear the safety belt assembly in a properly adjusted and securely fastened manner.
- 4) No person may operate a motor vehicle unless all child passengers under the age of 16 are either: wearing a safety belt assembly or (b) are securely fastened into an approved child restraint device.
- 5) A person violating this section shall be issued a notice of traffic infraction under chapter 56.63 RCW. A finding that a person has committed a traffic infraction under this section shall be contained the driver’s abstract but shall not be available to insurance companies or employers.
- 6) Failure to comply with the requirements of this section does not constitute negligence, nor may failure to wear a safety belt be admissible as evidence of negligence in any civil action.
- 7) Except for subsection (4) (b) of this section, which must be enforced as a primary action, enforcement of this section by law enforcement officers may be accomplished only as a secondary action when a driver of a motor vehicle has been detained for a suspected violation of Title 46 RCW or an equivalent local ordinance or some other offense.
- 8) This section does not apply to an operator or passenger who possesses written verification from a licensed physician that he operator or passenger is unable to wear a safety belt for physical or medical reasons.
- 9) The state patrol may adopt rules exempting operators or occupants of farm vehicles, construction equipment, and vehicles that are required to make frequent stops from the requirement of wearing safety belts.

**Section 4.** A new section is added to chapter 46.61 RCW to read as follows: The Traffic Safety Commission shall conduct an educational campaign using all available methods to raise public awareness of the importance of properly restraining child passengers and the value of seatbelts to adult motorists. The Traffic Safety Commission shall report to the transportation committees of the legislature on the campaign and results observed on the highways. The first report is due December 1, 2000 and annually thereafter.

**Section 5.** This act may be known and cited as the Anton Skeen Act.

**Section 6.** This act takes effect July 1, 2002.

# APPENDIX A

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**[Multilanguage Factsheets]**

APPENDIX A

# Is Your Child Ready for a Seat Belt? Think Again!

*Children need to ride in a booster seat until the seat belt fits right, when they are at least 4 feet, 9 inches tall, about 80 pounds and 8 years old.*



## What is a Booster Seat?

A booster seat is made for older kids when they are too big for a car seat but not big enough for an adult seat belt. A booster seat raises the child up so that both the lap and shoulder parts of the seat belt pass across the child's body in the right places.

## Why Does My Child Need to Ride in a Booster Seat?

Car crashes kill more children 4 to 8 years old than anything else. Seat belts save lives, but a seat belt that doesn't fit correctly won't protect your child in a crash. **Booster seats solve the problem.**

In a crash, a child who is too small for a seat belt can slip out and get hurt or die. Children also can be badly hurt in a crash when the lap part of the seat belt sits up on the tummy, where it can injure internal organs. A shoulder belt worn under the arm can break ribs, and placing the shoulder belt behind the back causes the child to move too far forward causing head trauma.

Many states now have booster seat laws. In Washington State, the law requires booster seats for children 4 to 6 years old or 40 to 60 pounds. Doctors and safety experts advise that children use booster seats until the seat belt fits correctly. In many cases, this will be when they are at least 4'9" tall, about 80 pounds and about 8 years old.

## When Does My Child Need to Use a Booster Seat?

Start to use a booster seat when your child:

- Outgrows his forward-facing car seat with a harness. This happens when his shoulders are above the top set of strap slots or;
- Weighs 40 pounds.

Keep using a booster seat until the seat belt fits the way it should.

## How Do I Know When the Seat Belt Fits My Child?

To see if your child is ready for a seat belt, try this **5-step test**:\*

1. Can your child sit all the way back against the auto seat?
2. Do your child's knees bend with ease at the edge of the seat without slouching?
3. Does the lap belt fit snugly across the top of the thighs, not up on the tummy?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can your child sit like this for the whole trip?

If you answer "no" to any of these questions, or your child puts the shoulder belt under the arm or behind the back, a booster seat is needed for a good seat belt fit.

\*Used with permission from SafetyBeltSafe U.S.A.

**Washington State Booster Seat Coalition**

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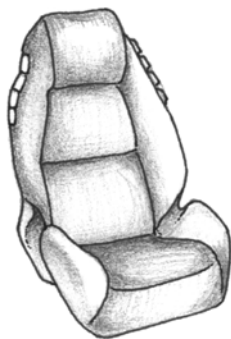
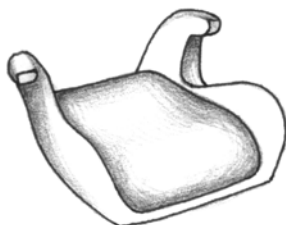


## How Do I Pick the Right Booster Seat?

Booster seats come in many types and styles. Check the label for the weight limits and always follow the manufacturer's guidelines. Booster seats come in a wide range of prices. A higher price may not mean a better or safer booster seat. Here are some guidelines to help you.

### No-back booster:

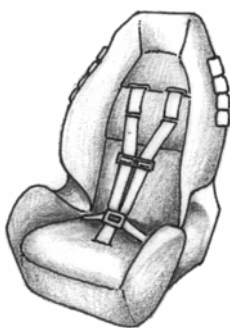
Must be used with a lap/shoulder style seat belt. It is best if your car's seat back or headrests come above your child's ears when she is sitting in the booster seat. This model is easy to pack up and move from car to car.



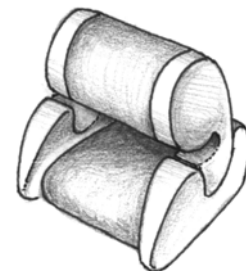
**High-back booster:** Must be used with a lap/shoulder style seat belt. A high-back booster protects against whiplash in cars with low seat backs. It can be used in cars with or without headrests. The high back also supports a sleeping child.

### Forward-facing seat with harness:

Use the harness until your child weighs 40 pounds. Then, remove the harness and use the booster seat with the lap/shoulder style seat belt. This booster seat can be used in cars with or without headrests.



**Shield booster:** Using the shield portion of this booster is no longer advised. If the shield comes off, take it off (check instruction book). Then use the booster seat with the lap/shoulder style seat belt for children over 40 pounds. It works like a no-back booster seat. This style works best in cars with headrests.



## What if My Car Has Only Lap Belts in the Back Seat?

There are many products you can buy to help improve your child's safety in the car if you only have lap belts in the back seat. To learn more about them, or for more information, call (425) 828-8975, 1-800-BUCK-L-UP, or visit [www.boosterseat.org](http://www.boosterseat.org).

## My 6-year-old Says He is a Big Boy Now and None of His Friends Have Booster Seats. What Should I Tell Him?

You know your child best, but here are some ideas:

- It's the law.
- I love you and want to protect you. The seat belt alone is not enough.
- Booster seats are made just for older kids like you.
- You'll be able to see out the window better.
- A booster seat will make the seat belt fit better and be more comfortable.

## Where Can I Get More Information?

- Call the Safety Restraint Coalition at (425) 828-8975 or 1-800-BUCK-L-UP.
- Or visit the Washington State Booster Seat Coalition Web site at [www.boosterseat.org](http://www.boosterseat.org).

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

# ¿Tiene su niño el tamaño adecuado para usar cinturón de seguridad? ¡Piénselo bien!

***Los niños deben andar en automóvil sentados en un asiento elevado hasta que los cinturones de seguridad le queden justos, cuando tengan por lo menos 4.9 pies de altura, pesen cerca de 80 libras y tengan 8 años de edad.***



## ¿Qué es un asiento elevado?

El asiento elevado está diseñado para los niños grandes que ya no caben en un asiento para bebés o infantes, pero que no son lo suficientemente grandes como para usar un cinturón de seguridad para adultos. Un asiento elevado eleva al niño para que las partes del cinturón de seguridad que protegen el regazo y los hombros, crucen el cuerpo del niño en las partes adecuadas.

## ¿Por qué necesita mi niño sentarse en el asiento elevado?

Los choques de automóviles causan más muertes en los niños entre 4 y 8 años de edad que cualquier otra cosa. Los cinturones salvan vidas, pero si el cinturón no les queda bien, no los protegerá durante un choque. **Los asientos elevados resuelven el problema.**

En un choque, si el niño es demasiado pequeño para el cinturón de seguridad, podría deslizarse y lastimarse o morir. Los niños también se pueden herir gravemente en un choque, cuando la parte del cinturón de seguridad que debe proteger el regazo, les cruza por el abdomen, en donde puede dañar los órganos internos. Cuando un cinturón de seguridad que debe proteger los hombros, se usa debajo del brazo, puede fracturar las costillas y colocando dicho cinturón en la espalda, hace que el niño se incline demasiado hacia adelante, causando lesiones en la cabeza.

Muchos estados tienen reglamentos para los asientos elevados. En el estado de Washington, la ley requiere asientos elevados para los niños que tengan de 4 a 6 años de edad o que pesen entre 40 y 60 libras. Los doctores y los expertos en seguridad aconsejan que los niños usen este tipo de asientos hasta que el cinturón de seguridad los proteja adecuadamente. En muchos casos, esto ocurre cuando ellos alcanzan la altura de 4.9 pies, pesan alrededor de 80 libras y tienen aproximadamente 8 años de edad.

## ¿Cuándo necesita mi niño usar el asiento elevado?

Empiece a usar el asiento elevado cuando su niño:

- Ya no quepa en el asiento para auto del tipo con arnés que va colocado viendo hacia adelante. Esto sería cuando sus hombros quedan más arriba de los espacios para pasar las correas, o;
- Pese alrededor de 40 libras.

Use un asiento elevado hasta que el cinturón de seguridad le quede como debe.

## ¿Cómo sé cuando el cinturón de seguridad es apropiado para mi niño?

Para comprobar si el cinturón de seguridad le queda bien a su niño, **responda a estas 5 preguntas:**\*

1. ¿Se puede sentar el niño completamente hacia atrás y recargarse en el respaldo del asiento?
2. ¿Se doblan las rodillas del niño confortablemente en la orilla del asiento del automóvil sin adoptar una postura descuidada?
3. ¿Le queda el cinturón de regazo bien ajustado sobre los muslos, en vez del estómago?
4. ¿Le cruza el cinturón de hombro por el centro del hombro y del pecho?
5. ¿Puede su niño mantenerse sentado así durante todo el viaje?

Si contestó “no” a cualquiera de las preguntas o si su niño se pone el cinturón que protege el hombro debajo del brazo o atrás de la espalda, necesita un asiento elevado para que el cinturón de seguridad calce adecuadamente.

\*Usado con el permiso de SafetyBeltSafe U.S.A.

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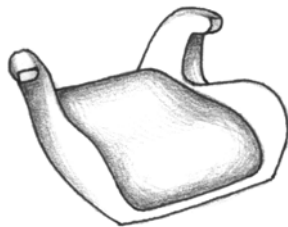


## ¿Cómo escojo el asiento elevado adecuado?

Los asientos elevados vienen en diferentes tipos y estilos. Lea la etiqueta para asegurarse de los límites en el peso y siempre siga las instrucciones de manufactura. Los asientos elevados tienen diferentes precios. Un precio más caro no indica que el asiento elevado es mejor o más seguro. A continuación mencionamos unos ejemplos para ayudarle.

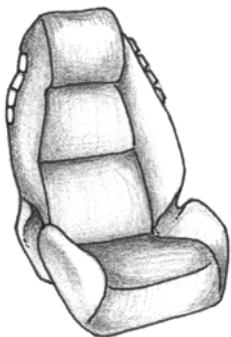
### Asiento sin

**respaldo:** Se debe usar con el cinturón del estilo hombro y regazo. Es mejor si la parte de arriba del respaldo o los soportes para la cabeza del auto quedan por arriba de las orejas de su niño estando sentado en el asiento elevado. Este modelo es fácil de poner y cambiar de un auto a otro.



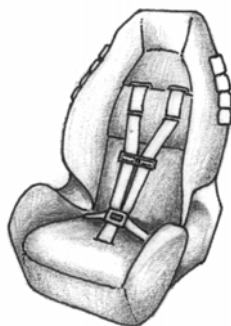
### Asiento con respaldo

**alto:** Se debe usar con el cinturón del estilo hombro y regazo. El asiento con respaldo alto protege en contra de desnucamiento en los autos que tienen los asientos bajos. Se puede usar en los autos con o sin soportes para la cabeza.



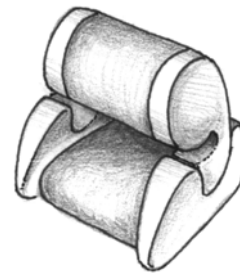
### Asiento orientado hacia adelante, con arnés:

Use el arnés hasta que su niño pese 40 libras. Entonces puede quitar el arnés y usar el asiento elevado con cinturón del estilo hombro y regazo. Asegúrese de leer y seguir las instrucciones de manufactura. Este asiento elevado se puede usar en autos con o sin soportes para la cabeza.



### Asiento elevado con protector:

Ya no se recomienda usar la parte del protector. Si se puede quitar el protector, hágalo (lea el folleto de instrucciones). Use el asiento elevado con el cinturón del estilo hombro y regazo con niños que pesen más de 40 libras. Este tipo de asiento es más eficaz en los autos con soportes para la cabeza.



## ¿Qué hago si mi auto sólo tiene cinturones para regazo en el asiento de atrás?

Hay muchos productos que usted puede comprar para mejorar la seguridad de su niño en el automóvil, si sólo tiene cinturones para regazo en el asiento de atrás. Para obtener mayor información, llame a los siguientes números de teléfono (425) 828-8975, 1-800-BUCK-L-UP, o visite [www.boosterseat.org](http://www.boosterseat.org).

## Mi niño de 6 años de edad dice que ya es grande y que ninguno de sus amigos usa un asiento elevado. ¿Qué puedo decirle?

Usted conoce bien a su niño, pero a continuación sugerimos algunas ideas:

- Es la ley.
- Te amo y deseo protegerte. El cinturón de seguridad no es suficiente.
- Los asientos elevados están hechos especialmente para niños más grandes, como tú.
- Podrás ver mejor por la ventana.
- El asiento elevado hará que el cinturón de seguridad calce mejor y será más cómodo.

## ¿Adónde puedo obtener más información?

- Llame a Safety Restraint Coalition al (425) 828-8975 o al 1-800-BUCK-L-UP (1-800-282-5587).
- O visite el sitio Web de Washington State Booster Seat Coalition, en [www.boosterseat.org](http://www.boosterseat.org).

# Con Quý Vị Đã Sẵn sàng Dùng Đai An toàn Chưa? Hãy Nghĩ Lại Xem!



***Trẻ con cần được chở trong xe, trên ghế nâng cho đến khi đai an toàn vừa khít hoàn toàn, khi chúng cao ít nhất 4 ft 9 in, nặng lối 80 lbs và được 8 tuổi.***

## Ghế Nâng Là Gì?

Ghế nâng được thiết kế cho những đứa trẻ lớn hơn, khi chúng quá lớn cho ghế của trẻ nhỏ nhưng không đủ lớn để vừa với ghế có đai an toàn dành cho người lớn. Ghế nâng đưa trẻ lên cao để dây đai bụng và dây đai vai choàng ngang qua thân thể đứa trẻ ở đúng vị trí.

## Tại Sao Con Tôi Cần Ngồi Trên Ghế Nâng Khi Đi Xe?

Những vụ đụng xe làm chết trẻ em từ 4 đến 8 tuổi nhiều hơn bởi bất cứ nguyên do nào khác. Đai an toàn cứu mạng sống, nhưng đai an toàn không vừa khít sẽ không bảo vệ con quý vị trong các vụ đụng xe. **Ghế nâng có thể giải quyết vấn đề.**

Trong một vụ đụng xe, đứa trẻ quá nhỏ cho đai an toàn có thể tuột khỏi ghế và bị đau hay chết người. Trẻ em cũng có thể bị đau trong vụ đụng xe khi đai choàng quanh bụng của đai an toàn giật mạnh vào dạ dày, có thể làm tổn thương các bộ phận bên trong. Một dây đai vai đeo phía dưới cánh tay có thể làm gãy xương sườn, và đặt dây đai vai phía sau lưng có thể khiến cho đứa trẻ bị đẩy quá xa về phía trước gây ra chấn thương nơi đầu.

Hiện nay nhiều tiểu bang đã có luật về ghế nâng. Tại Tiểu bang Washington, luật pháp đòi hỏi phải có ghế nâng cho trẻ em từ 4 đến 6 tuổi hay nặng từ 40 đến 60 lbs. Bác sĩ và chuyên gia an toàn khuyên trẻ em dùng ghế nâng cho đến khi nó vừa khít với đai an toàn. Trong nhiều trường hợp, điều này sẽ phải áp dụng cho đến khi chúng cao ít nhất 4'9", nặng lối 80 lbs và được lối 8 tuổi.

## Khi Nào Con Tôi Phải Dùng Ghế Nâng

Bắt đầu dùng ghế nâng khi con quý vị:

- Lớn hơn đai an toàn quay mặt về phía trước với phần cứng. Điều này xảy ra khi vai nó cao hơn bộ khe giữ dây trên cùng, hay;
- Trẻ nặng 40 lbs.

Tiếp tục dùng ghế nâng cho đến khi đai an toàn vừa khít với đứa trẻ đúng như ý muốn.

## Làm sao Tôi Biết Được Khi nào Đai An toàn Vừa Khít Với Con Tôi?

Để biết con quý vị sẵn sàng cho đai an toàn, hãy thực hiện **thử 5-bước** \*sau:

1. Đứa trẻ có thể ngồi dựa sát hoàn toàn vào lưng ghế xe không?
2. Đầu gối của đứa trẻ buông thẳng một cách thoải mái cạnh mép ghế mà không luộm thuộm?
3. Dây đai đùi có vắt ngang khít gọn gàng trên bắp đùi, không phải về phía trên nơi dạ dày không?
4. Dây đai vai có vắt ngang trung tâm của vai và lồng ngực không?
5. Đứa trẻ có ngồi như vậy trong suốt cuộc hành trình không?

Nếu quý vị trả lời “không” cho bất cứ câu hỏi nào trên đây, hay đứa trẻ để dây đai vai phía dưới cánh tay hay phía sau lưng, quý vị cần phải có ghế nâng để có dây đai khít vừa vặn.

\* Sử dụng với sự đồng ý của SafetyBeltSafe Hoa Kỳ

Washington State Booster Seat Coalition

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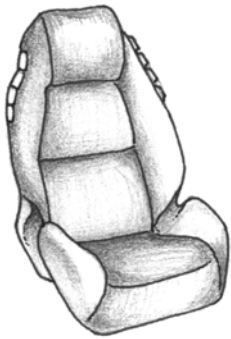
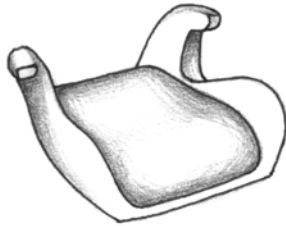
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## Làm Thế Nào Để Tôi Chọn Được Ghế Nâng Thích hợp?

Có nhiều loại và kiểu ghế nâng khác nhau. Kiểm xem giới hạn về trọng lượng trên nhãn và luôn luôn theo đúng các hướng dẫn của nhà sản xuất. Ghế nâng được bán với nhiều giá khác nhau. Ghế với giá cao không có nghĩa là ghế tốt hơn và an toàn hơn. Sau đây là vài hướng dẫn để giúp quý vị.

### Ghế nâng không có lưng dựa

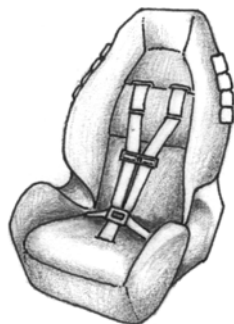
Phải được dùng với kiểu đai an toàn có dây đai đùi/vai. Tốt nhất là dùng loại ghế này cho trường hợp lưng ghế hoặc chỗ dựa đầu cao hơn tai của đứa trẻ khi nó ngồi trên ghế nâng. Kiểu này xếp dễ dàng và có thể di chuyển từ xe này sang xe khác.



**Ghế nâng có lưng cao:** Phải được dùng với kiểu đai an toàn có dây đai đùi/vai. Ghế nâng có lưng cao bảo vệ đứa trẻ khỏi bị vẹo cổ khi ngồi trong xe có ghế lưng thấp. Ghế có thể dùng cho loại xe có hay không có chỗ dựa đầu. Ghế lưng cao cũng giúp cho trẻ em đang ngủ.

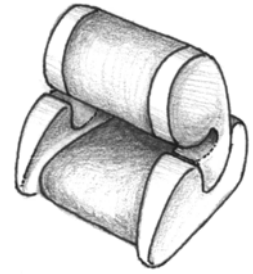
### Ghế hướng về trước có bộ phận cứng:

Dùng bộ phận cứng cho đến khi đứa trẻ được 40 lbs. Kế đó, lấy bộ phận cứng đi và dùng ghế nâng với kiểu đai an toàn có dây đai đùi/vai. Loại ghế nâng này có thể dùng cho xe có hay không có chỗ dựa đầu.



### Ghế nâng có miếng chắn:

Việc dùng phần chắn của kiểu ghế nâng này không còn được khuyến khích nữa. Nếu miếng chắn rút ra, hãy tháo nó đi (kiểm lại với sách hướng dẫn). Kế đó dùng ghế nâng với kiểu đai an toàn có dây đai đùi/vai cho trẻ em trên 40 lbs. Nó hoạt động giống như loại ghế nâng không có lưng. Loại ghế này hoạt động tốt nhất với xe có phần dựa đầu.



### Tôi Phải Làm Gì Nếu Xe Tôi Chỉ Có Đai Đùi Ở Ghế Sau?

Có nhiều loại sản phẩm quý vị có thể mua để giúp cải thiện an toàn cho con quý vị trong xe nếu quý vị chỉ có đai đùi ở ghế sau. Để biết thêm về những sản phẩm này, hay để có thêm tin tức, hãy gọi (425) 828-8975, 1-800-BUCK-L-UP, hay viếng trang Web [www.boosterseat.org](http://www.boosterseat.org).

### Đứa Con Trai 6 Tuổi Của Tôi Nói Rằng Nó Đã Lớn và Không Có Đứa Bạn Nào Của Nó Dùng Ghế Nâng. Tôi Phải Nói Gì Với Nó?

Quý vị hiểu rõ con mình hơn ai hết, nhưng sau đây là một vài ý kiến:

- Đây là điều bắt buộc theo luật pháp.
- Cha mẹ thương con và muốn bảo vệ con. Một mình dây an toàn không đủ.
- Ghế nâng được thiết kế cho trẻ lớn như con.
- Con có thể nhìn ra bên ngoài cửa sổ rõ hơn.
- Một ghế nâng sẽ làm cho đai an toàn khít vừa vặn hơn và làm cho con thoải mái hơn.

### Tôi Có Thể Lấy Thêm Tin Tức Ở Đâu?

- Gọi cho Safety Restraint Coalition ở số (425) 828-8975 hay 1-800-BUCK-L-UP.
- Hay viếng trang Web của Booster Seat Coalition của Tiểu bang Washington tại: [www.boosterseat.org](http://www.boosterseat.org).

# Готов ли Ваш ребенок к езде с ремнями безопасности?

## Подумайте об этом еще раз!

**Дети должны ездить на приподнимающем сидении, прежде чем им подойдут ремни безопасности, когда они достигнут, по меньшей мере роста 4 фута и 9 дюймов, веса 80 фунтов и возраста 8 лет.**



### Что такое приподнимающее сидение?

Приподнимающее сидение изготавливается для детей старшего возраста, для которых детское сидение мало, но которые не доросли до ремней безопасности, предназначенных для взрослых. Приподнимающее сидение поднимает Вашего ребенка настолько, что поясная и плечевая части ремней безопасности будут облегать тело ребенка должным образом.

### Почему при езде мой ребенок нуждается в приподнимающем сидении?

В автомобильных авариях погибает больше детей в возрасте от 4 до 8 лет, чем по другим причинам. Ремни безопасности спасают жизни, однако, если они неправильно облегают тело, они не защитят Вашего ребенка при аварии. **Приподнимающие сидения решают эту проблему.**

При аварии ребенок, который слишком мал для ремней безопасности, может выскользнуть из них и получить травму или погибнуть. При аварии дети могут получить опасные травмы и тогда, когда поясная часть ремня окажется на животе, что может привести к повреждению внутренних органов. Плечевой ремень, который проходит под рукой, может привести к перелому ребра, а его размещение за спиной приведет к тому, что ребенок может сдвинуться слишком далеко вперед и получить травму головы.

Сейчас во многих штатах приняты законы о приподнимающих сидениях. В штате Вашингтон закон требует, чтобы дети в возрасте от 4 до 6 лет или весом от 40 до 60 фунтов ездили в приподнимающих сидениях. Врачи и эксперты по безопасности рекомендуют использование приподнимающих сидений для детей, пока ремни не будут подходить должным образом. Во многих случаях это произойдет, когда дети достигнут по меньшей мере роста 4'9", веса 80 и возраста 8 лет.

### Когда мой ребенок должен начать пользоваться приподнимающим сидением?

Начинайте использовать приподнимающее сидение когда Ваш ребенок:

- Вырастет из своего, обращенного вперед детского автомобильного и его ремней. Это произойдет, когда его плечи будут выше уровня выходных отверстий ремней детского сидения.
- Весит 40 фунтов.

Продолжайте пользоваться приподнимающим сидением, пока ему не подойдут полностью ремни безопасности для взрослых.

### Как я могу определить, что ремни безопасности подходят моему ребенку?

Чтобы узнать, готов ли Ваш ребенок к ремням безопасности, попробуйте провести эту 5-этапную проверку:\*

1. Может ли ваш ребенок полностью опираться на спинку кресла автомобиля?
2. Легко ли сгибаются колени Вашего ребенка у края кресла автомобиля (не полулежа)?
3. Плотно ли облегает поясной ремень верхнюю часть бедер, не поднимаясь на живот?
4. Проходит ли плечевой ремень через центр плеча и груди?
5. Может ли Ваш ребенок сидеть в таком положении всю дорогу?

Если Вы ответите “нет” на любой из этих вопросов или Ваш ребенок просовывает плечевой ремень под руку или за спину, приподнимающее сидение необходимо для правильной подгонки ремней безопасности.

\*Разрешение на использование SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

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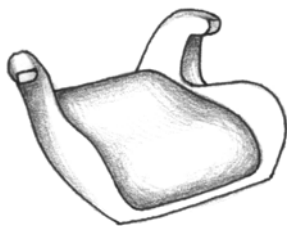


## Как мне выбрать подходящее приподнимающее сидение?

Приподнимающие сидения бывают разных типов и видов. Проверьте по этикетке пределы веса и всегда следуйте инструкциям завода-изготовителя. Цены таких сидений колеблются в широких пределах. Более высокая цена не обязательно означает лучшее качество или большую безопасность приподнимающего сидения. Здесь приведено несколько советов, которые могут Вам помочь.

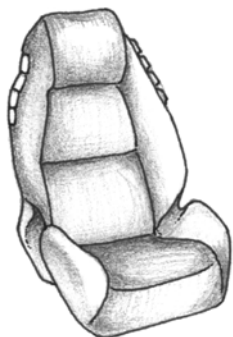
### Приподнимающее сидение без

**спинки:** Должно использоваться с поясным и плечевым ремнями. Наилучший вариант – если спинка кресла или подголовник находятся выше уровня ушей вашего ребенка, когда он сидит на приподнимающем сидении. Эту модель легко складывать и переносить из одного автомобиля в другой.



### Приподнимающее сидение с высокой

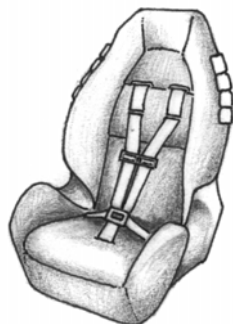
**спинкой:** Должно использоваться с поясным и плечевым ремнями. В автомобилях с низкими спинками кресел приподнимающее сидение с высокой спинкой защищает шею от повреждений при авариях. Оно может



использоваться в автомобилях с подголовниками или без них. Высокая спинка также поддерживает спящего ребенка.

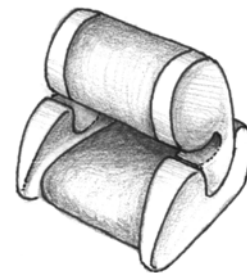
### Обращенное вперед сидение с ремнями:

Используйте ремни, пока Ваш ребенок не достигнет веса 40 фунтов. После этого снимите ремни и используйте приподнимающее сидение с поясным и плечевым ремнями. Это сидение можно использовать в автомобилях с подголовниками или без них.



## Приподнимающее сидение со щитком:

Использование щитка этого сидения больше не рекомендуется. Если щиток съемный, снимите его (проверьте по инструкции). После этого используйте



приподнимающее сидение с поясным и плечевым ремнями для детей весом свыше 40 фунтов. Оно работает подобно приподнимающему сидению без спинки. Это сидение более эффективно в автомобилях с подголовниками.

## Что, если мой автомобиль имеет только поясные ремни на заднем сидении?

Существует много изделий, которые Вы можете купить, чтобы повысить безопасность Вашего ребенка при езде в автомобиле только с поясными ремнями безопасности на заднем сидении. Чтобы изучить этот вопрос, или получить дополнительную информацию, звоните по тел. (425) 828-8975, 1-800-BUCK-L-UP, или посетите вебсайт [www.boosterseat.org](http://www.boosterseat.org).

**Мой 6-летний сын говорит, что он уже большой мальчик, и никто из его друзей не ездит в приподнимающем сидении.**

## Что мне сказать ему?

Вы лучше всех знаете Вашего ребенка, но вот несколько советов:

- Этого требует закон.
- Я люблю тебя и хочу тебя защитить. Однако, одних ремней безопасности недостаточно.
- Приподнимающие сидения сделаны специально для старших детей, таких, как ты.
- Тебе будет удобнее смотреть в окно.
- Приподнимающее сидение сделает ремни безопасности хорошо подогнанными и более удобными.

## Где я могу получить дополнительную информацию?

- Звоните в организацию Safety Restraint Coalition по тел. (425) 828-8975, 1-800-BUCK-L-UP.
- Или посетите наш вебсайт Washington State Booster Seat Coalition с адресом [www.boosterseat.org](http://www.boosterseat.org).

# Ilmahaagu Diyaar ma u yahay Seat Belt? Dib uga Fakar!

*Caruurta waxay u baahyihiin in lagu xiro booster seat ilaa inta seat beltku uu si fiican u leegaanayo, inta ay ugu yaraan dhererkoodu gaarayo 4 fiit, 9 inj, ama ilaa 80 rodol ama 8 jir.*



## Waa maxay booster seat?

Booster seatka waxa loogu tala galay caruurta ka waynaata kaar seatka laakiin wali aan gaarin da'da xirata seat beltka dadka waawayni xirtaan. Waxaa lagu fariisiyaa kursiga baabuurta oo ilmaha ayuu kor u qaadaa si suumanka lagu xirto dhabta iyo kan garbaha halka ku haboon ay ilmaha kaga beegmaan.

## Maxaa uu Ilmahaygu uga Baahanyahay Booster Seat?

Shilalka baabuurta caruurta da'doodu ku siman tahay 4 ilaa 8 ayaa ah kuwa ugu badan ee ku dhinta. Seat beltku nafta ayuu badbaadiyaa, laakiin seat beltka aan si wacan ilmahaaga u leegayni ilmahaaga badbaadin maayo hadii shil dhaco. **Booster seatka ayaa dhibaataadaas xaliya.**

Hadii shil dhaco, ilmaha ka yar heerka lagu xirto Seat beltku wuu siiban karaa oo dhaawacmi karaa ama dhiman karaa. Caruurta dhaawac wayn ayaa soo gaari kara hadii shil dhaco hadii suunka loogu talagalay bawdyaha kaga beegmo caloosha isaga oo waxyeelo u gaysan kara caloosha iyo xubnaha ku jira gudaheeda. Suun garabaha oo laga hoosaysiiyo gacmahu feedhaha ayuu jebin karaa, hadii suunka garbaha dhabarka la mariyona ilmaha ayuu xagga hore u riixi karaa oo madaxa dhaawac uga gaysan karaa.

Gobolada badidoodu hadda waxay leeyihiin qaanuuno u yaala Booster seatka. Gobolkan Washington sharcigu waxuu farayaa in booster seat lagu xiro caruurta da'doodu u dhaxayso 4 ilaa 6 ama 40 ilaa 60 rodol. Dhaqtarada iyo dadka aqoonta dheer u leh badbaadadu waxay ku talinayaan in caruurta la saaro booster seat ilaa inta seat beltku si wacan u leegaanayo. Inta badana waa inta ilmaha dhererkiisu gaarayo 4'9", ilaa 80 rodol ama 8 jir.

## Goorma ayaa Ilmahaygu uu u Baahanyahay inuu Adeegsado Booster Seat?

Adeegso Booster Seat marka ilmahaagu:

- uu ka waynaado kaar seatka hore u jeede ee baabuurka ee leh harneska. waxay taasi dhacdaa marka garbahiisu ay ka kor maraan halka daloosha ee suunka lagu xiro ama;
- Culayskiisu gaaro 40 rodol.

Adeegso Booster seat ilaa inta uu seat beltku si wacan u leegaanayo.

## Sidee ku ogaanayaa in seat beltku le-eg yahay canugayga?

Si aad u garato in ilmaahagu diyaar u yahay seat belt, **ku tijaabi 5tan taaabo:**\*

1. Ilmahaagu dib ma u wada fariisan karaa isagoo ku tiirsanaya kursiga gaargia?
2. Ilmahu jilbaha si wacan ma uga soo laaban karaa cirifka kursiga gaargia?
3. Suunka dhactu si wacan ma ugu gijjismayaa bowdyaha?
4. Suunka laabtu si wacan ma uga gudbayaa bartanka garbaha iyo laabt?
5. Ilmahu sidan ma u fadhiyi karaa socdaal dheer?

Hadii su'aalahan midkood "maya" yahay, ama ilmahaagu uu suunka garbaha ku xirayo gacmaha ama dhabarkaba marinayo, waxuu u baahanyahay booster seat.

\*Ogolaansho waxaa laga helay SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

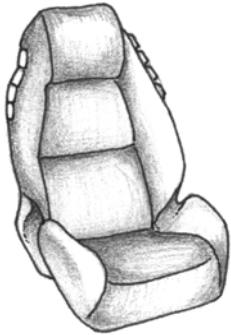
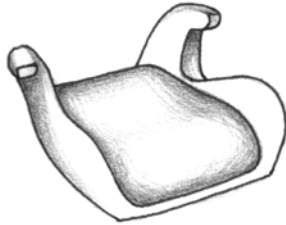
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## Sideen u Ogaan karaa Booster Seatka u Haboon?

Booster Seatyadu waa noocyo badan. Akhri sumadahiisa hubi miisaankooda raacna sida ay cidda samaysay ugu talogashay. Qiimahoodu way kala duwanyahiin wanaagooduna kuma xiran qiimahooda. Waxyaabahan ayaa kaa caawin kara doorashadiisa.

### Boosterka dhabarka

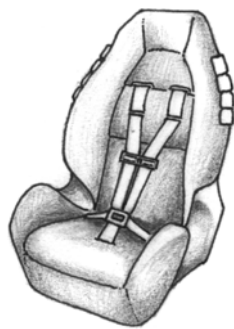
**lahayn:** waa in lagu isticmaalaa suunka dhabta iyo garbaha. Waxaa uu ku wacan yahay marka halka uu madaxa saarayo ilmahu ama ilmaha dhagahiisu ka sareeyeen kursiga dambe.



**Boostarka dhabarka dheer:** u isticmaal suunka dhabta iyo garbaha. Waxuu dhaawaca fudud ee shilku keeno ka ilaaliyaa baabuurta leh kuraasta gaaban. Baabuurta leh meel madaxa la saaro iyo kuwa kaleba waa loo adeegsan karaa.

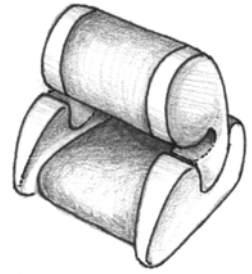
### Booster seatka dhabarka dheer ee harnesska leh:

Isticmaal harnesska ilaa ilmahaagu gaarayo 40 rodol. Kadib ka saar harnesska oo adeegso booster seat leh suunka dhabta iyo kan garbaha. Had iyo jeer raac tusaalaha cidda samaysay. Booster seatkan baabuurta leh meesha madaxa lagu nasiyo iyo kuwa kaleba waa loo isticmaali karaa.



### Shield booster:

Isticmaalka qaybta shield ee boostarkan lagugula talin maayo. Hadii shiildku ka baxo, ka saar (buugga ka eego). Caruurta ka yar 40 rodol u isticmaal booster seatka leh suumanka dhabta iyo kuwa garabaha. Waxay ku wacan yihiin baabuurta leh meel madaxa lagu nasiyo.



## Maxaan Sameeyaa Hadii Kursiga dambe ee Baabuurkaygu uu Leeyahay Suunka Dhabta oo Kaliya?

Waxaa jira waxyaabo badan ood iibsano karto ood ku kordhin karto badbaadada gaadhiga ee ilmaha hadii gaadhigaagu uu leeyahay suunka dhabta oo kaliya. Si aad waxyaabahas wax uga ogaato, ama waxii dheeraad ah, kala xiriir (425)828-8975, 1800- BUCK-L-UP, ama booqo [www.boosterseat.org](http://www.boosterseat.org).

## Ilmahayga 6da sano jira ayaa yiri hadda nin wayn ayaan ahay oo caruurta ila da'da ah midna lama saaro booster seat. Maxaan ku iraa?

Ilmahaaga cidid kaama taqaan, waxaanse kugula talin sidan:

- Sharciga ayaa dhigaya sidaa..
- Waa ku jecelahay inaan ku badbaadiyo ayaanan rabaa, seet beltka oo kaliya ahina wax kuu qaban maayo.
- Booster seatka waxaa loo sameeyey adiga iyo caruurta kula mid ka ah.
- Muraayada ayaad si wacan wax uga daawan kari doontaa.
- Booster seatku seet beltka ayuu si wacan kaaga dhigi mid kuugu xirma raaxona wuu kaaga dhigi.

## Warar Dheeraad ah Xageen ka Heli Karaa?

- La hadal Safety Restraint Coalition (425) 828-8975 ama 1-800-BUCK-L-UP.
- Ama booqo bogga internetka ee Eashington State Booster Seat Coalition [www.boosterseat.org](http://www.boosterseat.org).

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

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Pub.6/00 Rev.8/03 KAF



## هل طفلك مهياً للبس حزام الأمان؟ فكري مرة أخرى !

يحتاج الأطفال إلى الجلوس على مقعد إضافي لهم ("بوستر سيت") أثناء ركوبهم في السيارة، حتى يركب عليهم حزام الأمان بشكل صحيح، ويكون هذا عادة عندما يبلغ طول الطفل 4 أقدام و9 بوصات على الأقل، وحوالي 80 باوند من الوزن، و8 سنوات من العمر.

### متى يحتاج طفلي

#### إلى استخدام مقعد إضافي؟

إبدأي استخدام مقعد إضافي عندما:

- يصبح طفلك كبيراً ويكون مقعد السيارة المواجه إلى الأمام والمجهز بالأحزمة صغيراً عليه. وذلك عندما يكون حد كتفيه فوق مجموعة الثقوب العليا أو؛
- يصبح وزنه 40 باوند.
- يستمر في استخدام مقعد إضافي إلى أن يركب على الطفل حزام الأمان بحسب ما ينبغي عليه.

### كيف يمكنني معرفة عندما يركب حزام الأمان على طفلي؟

للعثور على أن طفلك مهياً للبس حزام الأمان، حاولي هذا الاختبار البسيط المكون من 5 خطوات: \*

1. هل يقدر طفلك على الجلوس في آخر مؤخرة مقعد السيارة؟
2. هل تتحني ركبتك طفلك بارتياح عند حد المقعد دون أي تهذب؟
3. هل يركب حزام الحوض بارتياح عبر أعلى الفخذين وليس إلى حد أعلى البطن؟
4. هل يركب حزام الكتف بشكل يمر عبر وسط الكتف والصدر.
5. هل يقدر طفلك أن يجلس في مثل هذا الوضع طوال الرحلة؟

إذا كان جوابك "لا" لأي من هذه الأسئلة، أو إذا كان طفلك يضع حزام الكتف تحت ذراعه أو خلف ظهره، فهذا يعني بأنه يقتضي استخدام مقعد إضافي للأطفال إلى أن يركب عليهم حزام الأمان بصورة صحيحة.

استخدم باذن من .SafetyBeltSafe U.S.A.

### ما هو مقعد إضافي؟

المقعد الإضافي هو مقعد مصنوع للأطفال الكبار، الذين تصلح أجسامهم لمقعد سيارة إلا أنهم لا يدخلون في السنة بما فيها من الكفاية للبس حزام الأمان المخصص لشخص بالغ. فالمقعد الإضافي يرفع الطفل من مستوى الجلوس بحيث يمكن لأجزاء حزام الأمان الخاصة بالحوض والكتف كليهما أن تمر في الأماكن المناسبة لها عبر جسم الطفل.

### لماذا يحتاج طفلي إلى الجلوس على مقعد إضافي؟

تسبب إصابات السيارات إلى قتل الكثير من الأطفال الذين تتراوح أعمارهم بين 4 - 8 أكثر من أي وفيات أخرى. صحيح أن أحزمة الأمان تنقذ الحياة، ولكن حزام الأمان الذي لا يتلاءم بصورة صحيحة، لن يحمي طفلك عند وقوع الإصطدام. فمقاعد الإضافية للأطفال تحل هذه المشكلة.

الطفل الذي يكون صغير جداً للبس حزام الأمان، قد ينزلق منه عند وقوع الإصطدام مما يؤدي إلى ضرره أو موته. علماً أن الأطفال قد يصابون بأذى بالغ في أعضائهم الداخلية بسبب ترحح جزء الحوض لحزام الأمان وقعوده على البطن. كما أن لبس حزام الكتف تحت الذراع قد يؤدي إلى كسر الضلع؛ ووضع حزام الكتف خلف الظهر قد يؤدي إلى تحرك الطفل إلى حد بعيد جداً إلى الأمام مما يسبب الإصابة في الرأس.

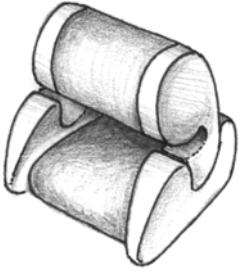
لقد سنت ولايات كثيرة القوانين الخاصة بالمقعد الإضافي للأطفال. في ولاية واشنطن، يشترط القانون استخدام المقاعد الإضافية للأطفال الذين تتراوح أعمارهم بين 4 - 6 سنوات، أو تكون أوزانهم بين 40-60 باوند. علماً أن الأطباء وخبراء السلامة ينصحون بأن الأطفال يجب عليهم استخدام المقاعد الإضافية إلى أن يتلاءم لهم لبس حزام الأمان بطريقة صحيحة. وهذا يعني في كثير من الحالات عندما يكون طول الطفل 4 أقدام و9 بوصات على الأقل، وحوالي 80 باوند، وحوالي 8 سنوات من العمر.

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

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**مقعد مدرّج:** لا يستحسن استخدام الجزء المدرّج من هذا المقعد إلى أمد بعيد. إذا كان من الممكن فكّ الجزء المدرّج، فانزعيه ( راجعي كتيب التعليمات بهذا الشأن). ثم استخدمي مقعد الأطفال مع حزام الأمان بطراز التحزيم للحضن/ الكتف للأطفال الذين تزداد أوزانهم عن 40 باوند. يعمل هذا كمقعد إضافي بدون ظهر، ويعمل هذا الأسلوب بشكل أفضل في السيارات المجهزة بمساند للرأس.

## ما هو الحل إذا كانت سيارتي مجهزة بأحزمة الحضن فقط في المقعد الخلفي؟

تتوفر في الأسواق العديد من المنتجات التي يمكن أن تشتريها لتوفير الأمان لطفلك في السيارة وذلك إذا كانت أحزمة الحضن موجودة فقط في المقعد الخلفي. للاستفسار عن مثل هذه المنتجات، أو للحصول على مزيد من المعلومات، اتصلي على الرقم 828-8975 (425) ، أو على الرقم 1-800-BUCK-L-UP أو إذهبي إلى العنوان التالي على الانترنت: [www.boosterseat.org](http://www.boosterseat.org)

**طفلي وهو ابن 6 سنوات، يقول لي بأنه الآن أصبح صبيّاً كبيراً، وأن لا أحد من أصدقائه يستخدم المقاعد الإضافية في سيارته. ما ينبغي عليّ أن أقول له:**

أنت تعرف طفلك جيداً من الغير، ولكن سنطرح عليك بعض الأفكار المفيدة المذكورة أدناه:

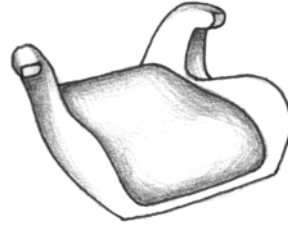
- أنه القانون
- أحبك جداً وأريد حمايتك. إن استخدام حزام الأمان لوحده لا يكفي لحمايتك.
- قد صنعت المقاعد الإضافية خاصة للأطفال الكبار مثلك.
- ستقدر الرؤية من شبك السيارة بشكل أفضل.
- المقعد الإضافي يجعل تركيب حزام الأمان بشكل أحسن كما أنه أكثر راحة.

## كيف يمكنني الحصول على مزيد من المعلومات؟

- إتصلي بتألف قيود الأمان على الرقم 828-8975 (425) أو 1-800-BUCK-L-UP.
- أو قومي بزيارة موقع Washington State Booster Seat Coalition (تألف شؤون مقاعد إضافية للأطفال في ولاية واشنطن) على العنوان التالي: [www.boosterseat.org](http://www.boosterseat.org)

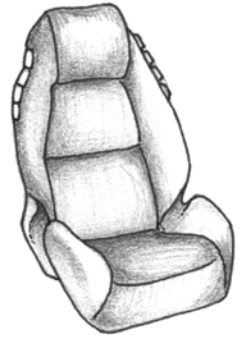
## كيف أختار المقعد الإضافي المناسب لطفلي؟

تأتي المقاعد الإضافية بأنواع وطرازات كثيرة. تفحصي البطاقة لحدود الوزن وتقليدي دائماً بتوجيهات الصانعات. كما تأتي هي بأسعار متعددة ومتفاوتة. فالسعر الغالي لا يعني بالضرورة بأن المقعد أحسن أو آمن من غيره. ندرج هنا بعض التوجيهات لمساعدتك.



**مقعد بدون ظهر:** يجب أن يستخدم مع حزام الأمان بطراز للحضن / والكتف. من الأحسن أن يكون ظهر مقعد سيارتك أو مسند الرأس فوق أذني طفلك عندما تكون جالسة على المقعد الإضافي للأطفال. من السهل تحزيم هذا النموذج ونقله من سيارة إلى أخرى.

**مقعد بظهر عال:** يجب أن يستخدم مع حزام الأمان بطراز التحزيم للحضن / والكتف. يقدم هذا النوع من الكراسي حماية ضد الارتجاج واللمعان العنيف للرقبة في السيارات التي يكون ظهر مقاعدها منخفضاً. يستخدم هذا النوع من المقاعد في السيارات المجهزة بمساند للرأس أو الخالية منها. علماً أن الظهر العالي للمقعد يدعم الطفل أثناء نومه في السيارة.



## مقعد مواجه إلى الأمام ومجهز بالأحزمة:

استخدمي الأحزمة حتى يزن طفلك 40 باوند. ثم فكي الأحزمة واستخدمي المقعد الإضافي مع حزام الأمان بطراز التحزيم للحضن / الكتف. يمكن استخدام هذا النوع من المقعد الإضافي في السيارات المجهزة بمساند الرأس أو الخالية منها.



# Handa na ba ang Iyong Anak sa Sinturong Pang-upuan? Isiping Muli!

*Kailangang sumakay ang mga bata sa upuang pampataas (booster seat) hanggang ang sinturong pang-upuan ay ganap na umakma, kapag sila ay may taas na hindi kukulangin sa apat (4) na talampakan, siyam (9) na pulgada, mga walongpung (80) librang timbang at walong (8) taong gulang.*

## Ano ang Upuang Pampataas?

Ang upuang pampataas ay para sa mga batang sobra na ang laki para gumamit ng upuang pangkotse datapuwa't hindi pa sapat ang laki para gumamit ng sinturong pang-upuan ng may sapat na gulang. Ang upuang pampataas ay iniaangat ang bata upang ang mga bahaging pangkandungan at pambalikang sinturong pang-upuan ay parehong nakalapag sa mga tamang bahagi ng katawan ng bata.

## Bakit Kailangang Sumakay ang Aking Anak sa isang Upuang Pampataas?

Mas maraming batang may edad na apat (4) hanggang walong (8) taong gulang ang namamatay sa pagbangga ng kotse kaysa anumang ibang bagay. Ang mga sinturong pang-upuan ay nakakapagligtas ng mga buhay, subalit ang sinturong pang-upuan na hindi wastong nakaakma ay hindi magpoprotekta sa iyong anak sa isang banggaan. **Ang upuang pampataas ang siyang lulutas sa problema.**

Sa isang banggaan, ang isang bata na napakaliit para sa sinturong pang-upuan ay maaaring dumulas palabas at masaktan ito o mamatay. Ang mga bata ay maaari ring lubhang masasaktan sa isang banggaan kapag ang bahaging pangkandungan ng sinturong pang-upuan ay nakatapat sa tiyan, kung saan maaari itong makapinsala ng mga panloob na bahagi ng katawan. Ang sinturong pambalik na nasa ilalim ng braso ay maaaring makabali ng mga tadyang, at ang paglalagay ng sinturong pambalik sa likuran ay nagiging dahilan upang sumulong nang lubhang malayo ang bata na siyang dahilan ng pagkabagok ng ulo.

Maraming estado na ang may mga batas ukol sa upuang pampataas. Sa Estado ng Washington, ang batas ay nag-aatas ng mga upuang pampataas para sa mga batang may apat (4) hanggang anim (6) na taong gulang o may apatnapung (40) hanggang animnapung (60) librang kabigatan. Ang mga doktor at eksperto sa kaligtasan ay nagpapayo na gumamit ang mga bata ng mga upuang pampataas hanggang ganap na umakma ang sinturong pang-upuan. Sa maraming kaso, ito ay kapag sila ay may taas na 4'9" na o higit, mga walongpung (80) libra ang timbang at humigit-kumulang sa walong (8) taong gulang.



## Kailan Dapat Gumamit ng Upuang Pampataas ang Aking Anak?

Simulan ang paggamit ng upuang pampataas kapag ang iyong anak ay:

- Sobra na ang laki para sa nakaharap na upuang pangkotse na may pansingkaw. Ito ay nangyayari kapag ang kanyang mga balikat ay nasa ibabaw na ng pinakamataas na hanay ng mga butas ng sintas o;
- May timbang na apatnapung (40) libra.

Patuloy na gamitin ang upuang pampataas hanggang umakma ang sinturong pang-upuan gaya ng dapat.

## Paano Ko Malalaman Kapag Akma na sa Aking Anak ang Sinturong Pang-upuan?

Upang malaman kung handa na ang iyong anak para sa sinturong pang-upuan, subukin itong **limang (5) hakbang na iksamen:**\*

1. Makakaupo ba ang iyong anak nang nakasagad ang likod sa upuan ng awto?
2. Madali bang nababaluktot ng iyong anak ang mga tuhod sa gilid ng upuan nang hindi yumuyukod?
3. Ang sinturong pangkandungan ba ay nakalapag sa pang-itaas ng mga hita at hindi sa tiyan?
4. Ang sinturong pambalik ba ay nakalagay pahalang sa gitna ng balikat at dibdib?
5. Makakaupo ba ng ganito ang iyong anak sa buong biyahe?

Kung "hindi" ang sagot mo sa alinman sa mga tanong na ito, o inilalagay ng iyong anak ang sinturong pambalik sa ilalim ng braso o sa likuran, kailangan ang upuang pampataas para sa mabuting pag-aakma ng sinturong pang-upuan.

\*Ginamit nang may pahintulot mula sa SafetyBeltSafe U.S.A.

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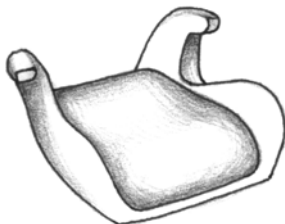


## Paano Ako Makakapili ng Tamang Upuang Pampataas?

Maraming uri at istilo ng upuang pampataas. Tingnan ang etiketa para sa mga limitasyon sa timbang at laging sundin ang mga patnubay ng tagagawa. May iba-ibang presyo ang mga upuang pampataas. Ang mas mataas na presyo ay hindi nangangahulugan mas higit o ligtas na upuang pampataas. Narito ang ilang patnubay na makakatulong sa iyo.

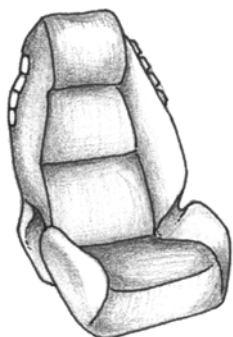
### Walang-likod na pampataas:

Dapat gamitin sa sinturong pang-upuan na istilong pangkandungan/pambalik. Pinakamabuti ito kung ang iyong likurang upuang pangkotse o patungan ng ulo ay nasa ibabaw ng tainga ng iyong anak kapag siya ay nakaupo sa upuang pampataas. Ang modelong ito ay madaling buhatin at ilipat sa mga kotse.



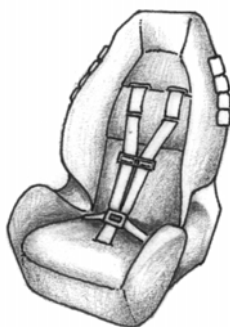
### Mataas-ang-likod na

**pampataas:** Dapat gamitin sa sinturong pang-upuan na istilong pangkandungan/pambalik. Ang mataas-ang-likod na pampataas ay nagpoprotekta laban sa biglang pagsalpok sa mga kotseng mababa ang mga likod ng upuan. Maaring gamitin ito sa mga kotseng merong o walang patungan ng ulo. Ang mataas na likod ay sumusuporta rin sa batang natutulog.



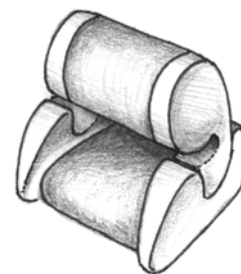
### Nakaharap na upuang may pansingkaw:

Gamitin ang pansingkaw hanggang ang iyong anak ay may timbang na apatnapung (40) libra. At saka, tanggalin ang pansingkaw at gamitin ang upuang pampataas na istilong pangkandungan/pambalik. Ang upuang pampataas na ito ay magagamit sa mga kotse na may patungan o walang patungan ng ulo.



### Pananggang pampataas:

Ang paggamit ng pananggang bahagi ng pampataas na ito ay hindi na ipinapayo. Kapag natanggal ang panangga, tanggalin ito (tingnan ang libro ng tagubilin). At saka gamitin ang upuang pampataas na istilong pangkandungan/ pambalik para sa mga batang may higit na apatnapung (40) libra. Ito ay gumaganap na parang walang-likod na pampataas. Ang istilong ito ay pinakamahusay sa mga kotse na may mga patungan ng ulo.



## Paano kung ang Aking Kotse ay May mga Sinturong Pangkandungan Lamang sa Upuan sa Likuran?

Marami kang mabibiling produkto upang tulungan mapabuti ang kaligtasan ng iyong anak sa kotse kung mga sinturong pangkandungan lamang ang nasa upuan sa likuran. Upang makakuha ng iba pang impormasyon, tumawag sa (425) 828-8975, 1-800-BUCK-L-UP, o bisitahin ang [www.boosterseat.org](http://www.boosterseat.org).

## Sabi ng Aking 6-na-Taong-Gulang na Lalaki ay Malaki na Siya at Hindi Gumagamit ng Upuang Pampataas ang Kanyang mga Kaibigan. Ano ang Dapat Kong Sabihin sa Kanya?

Ikaw ang higit na nakakakilala sa iyong anak, pero narito ang ilang idea:

- Ito ay batas.
- Mahal kita at gusto kitang protektahan. Hindi sapat ang sinturong pang-upuan lang.
- Ang mga upuang pampataas ay ginawa para sa mas malalaking batang katulad mo.
- Mas makikita mo ng mabuti ang mga nasa labas ng bintana.
- Ang upuang pampataas ay lalong aakma sa sinturong pang-upuan at mas komportable ito.

## Saan Ako Makakakuha ng Iba pang Impormasyon?

- Tawagan ang Safety Restraint Coalition sa (425) 828-8975 o 1-800-BUCK-L-UP.
- O bisitahin ang Web site ng Washington State Booster Seat Coalition sa [www.boosterseat.org](http://www.boosterseat.org).

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.



# 아이가 안전 벨트를 맬 준비가 되었나요? 다시 생각해 보세요!

**안전 벨트가 몸에 맞지 않는 어린이를 비롯하여 키가 140 cm 이하, 몸무게가 36 kg 이하, 8 살 이하의 어린이는 보조 좌석을 사용해야 합니다.**



## 보조 좌석이란 무엇입니까?

보조 좌석은 어른용 안전 벨트를 사용하기에는 너무 작고 유아용 보조 좌석을 사용하기에는 너무 큰 아이들을 위한 것입니다. 보조 좌석은 아이의 앉은 높이를 조절하여 안전 벨트가 올바른 위치에 올 수 있도록 해 줍니다.

## 자동차에서 왜 우리 아이가 보조 좌석에 앉아야 하나요?

자동차 사고는 4 살과 8 살 사이 아이들의 가장 큰 사망 원인입니다. 안전 벨트는 생명을 구하지만, 정확히 맞지 않는 안전 벨트를 사용하면 사고 시 당신의 아이를 보호하지 못합니다. **보조 좌석이 바로 이러한 문제를 해결해 줍니다.**

사고가 날 경우 안전 벨트가 맞지 않는 작은 아이들은 미끄러져 나와 다치거나 사망할 수 있습니다. 또한 무릎 위에 있어야 하는 안전 벨트가 배쪽으로 올라와 있으면 사고 시 내장 파열 등의 심각한 부상을 입을 수 있습니다. 어깨 띠가 팔 아래쪽에 있으면 사고 시 갈비뼈가 다칠 수 있으며 어깨 띠를 등 뒤로 하면 앞으로 튕겨나가 머리를 다칠 수 있습니다.

미국의 많은 주에서는 보조 좌석의 사용을 법으로 규정하고 있습니다. 워싱턴 주에서는 4 살에서 6 살 사이의 아이나 18 kg 에서 27 kg 사이의 아이에 대해서는 보조 좌석을 사용할 것을 법으로 규정하고 있습니다. 의사들과 안전 전문가들은 안전 벨트가 아이들에게 정확하게 맞을 때까지는 보조 좌석을 사용할 것을 권장합니다. 보통 이러한 아이들은 키가 140 cm 이하, 몸무게가 36 kg 이하 또는 8 세 이하입니다.

## 언제 우리 아이가 보조 좌석을 사용해야 하나요?

다음과 같은 경우 보조 좌석을 사용하십시오.

- 앞을 향하는 좌석 벨트가 작아질 만큼 성장한 경우, 이 때 아이의 어깨가 위쪽 고리쇠의 위에 오게 됩니다.
- 몸무게가 18 kg 이 된 경우 안전 벨트가 맞을 때까지 계속 보조 좌석을 사용하십시오.

## 아이에게 안전 벨트가 맞는 시기를 어떻게 알 수 있습니까?

안전 벨트가 아이에게 맞는지 알려면 다음 다섯 가지 테스트를 해 보십시오.\*

1. 아이가 자동차 좌석 뒤로 완전히 붙어서 앉을 수 있습니까?
2. 아이의 무릎이 자동차 좌석 끝에 걸쳐지지 않고 편하게 내려옵니까?
3. 무릎 띠가 배가 아닌 허벅지 위에 달라 붙습니까?
4. 어깨 띠가 어깨와 가슴을 가로지릅니까?
5. 운전하는 동안 내내 아이가 위와 같은 상태로 앉아 있을 수 있습니까?

위 질문 중 하나에 “아니오”라고 답한 경우 또는 아이가 팔 아래나 등 뒤로 어깨 띠를 한다면 안전 벨트가 제 역할을 할 수 있도록 보조 좌석을 사용해야 합니다.

\* 본 테스트는 SafetyBeltSafe U.S.A.로부터 승인을 받음

Washington State Booster Seat Coalition

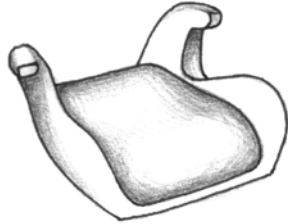
[www.boosterseat.org](http://www.boosterseat.org)  
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## 올바른 보조 좌석은 어떻게 고릅니까?

보조 좌석에는 다양한 형태와 스타일이 있습니다. 항상 라벨에 적힌 무게 제한과 제조자의 지시 사항을 따르십시오. 보조 좌석의 가격은 다양하며 꼭 비싸다고 해서 좋거나 안전한 것은 아닙니다. 다음은 몇 가지 도움이 되는 지침입니다.

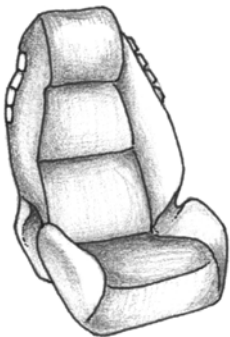
### 등받이 없는 보조

**좌석:** 무릎/어깨에 매는 띠를 사용해야 합니다. 아이가 보조 좌석에 앉을 때 자동차 좌석 등받이나 머리 받침이 아이의 귀 위로 오도록 하는 것이 좋습니다. 이 모델은 치우기기 쉽고 자동차간에 옮기기가 쉽습니다.



### 등받이가 높은 보조

**좌석:** 무릎/어깨에 매는 띠를 사용해야 합니다. 등받이가 낮은 자동차에서 등받이가 높은 보조 좌석을 사용하면 충격으로부터 보호할 수 있습니다. 이것은 자동차에 머리 받침이 있는지 여부에 무관하게 사용할 수 있습니다. 또한

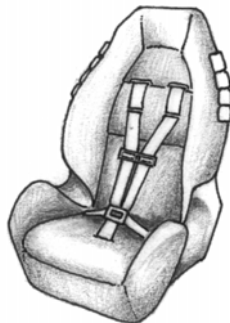


높은 등받이 보조 좌석을 사용하면 아이가 잠을 잘 때도 안전합니다.

### 띠가 부착된 앞을 향하는

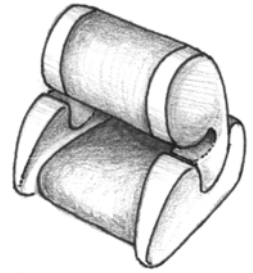
#### 좌석:

아이의 몸무게가 18 kg 미만일 때는 띠를 사용하십시오. 18 kg 이 넘으면 띠를 사용하지 마시고 무릎/어깨 띠 형태의 보조 좌석 벨트를 사용하십시오. 이 보조 좌석은 자동차에 머리 받침이 있는지 여부에 무관하게 사용할 수 있습니다.



### 차폐형 보조 좌석:

차폐형 보조 좌석 사용은 더 이상 권장하지 않습니다. 앞 막이의 분리가 가능하면 떼어 내십시오(설명서 참조). 몸무게가 18 kg 이 넘는 아이에게는 무릎/어깨 띠를 사용하는 보조 좌석을 사용하십시오. 등받이 없는 보조 좌석과 사용법이 동일합니다. 이것은 머리 받침이 없는 자동차에 적합합니다.



## 자동차 뒷자석에 무릎 띠만 있으면 어떻게 합니까?

아이들의 안전을 위해, 뒷자석에 무릎 띠만 있는 자동차용 제품이 시중에 많이 나와 있습니다. 자세한 정보가 필요하시면 (425) 828-8975 번이나 1-800-BUCK-L-UP번으로 전화를 주시거나 [www.boosterseat.org](http://www.boosterseat.org) 를 방문하십시오.

## 여섯살 난 아이가 자기는 다 컸고 친구들은 아무도 보조 좌석에 앉지 않는다고 고집을 부립니다. 어떻게 설득해야 할까요?

귀하께서 아이를 가장 잘 아시겠지만 여기에 몇 가지 방법을 소개합니다.

- 이것은 나라에서 정한 법이란다.
- 너를 사랑하기 때문에 보호하고 싶단다. 안전 벨트만으로는 충분하지 않아요.
- 보조 좌석은 너처럼 큰 아이들을 위해 특별히 만든 것이란다.
- 창 밖을 더 잘 볼 수 있잖니.
- 보조 좌석을 사용해야 안전 벨트가 잘 맞고, 또 더 편안하단다.

## 추가 정보가 필요한 경우

- (425) 828-8975 또는 1-800-BUCK-L-UP 번의 Safety Restraint Coalition 에 문의하십시오.
- 또는 Washington State Booster Seat Coalition 웹 사이트 [www.boosterseat.org](http://www.boosterseat.org) 를 방문하십시오.

# Daa'imni kee Qabatto Barcumaaf Qophiidha? Ammas Itti Yaadi!

***Daa'imman hamma qabattoon barchummaa sirritti itti tahutti barcuma booster ja'amu keessa taa'u qabu, yeroo isaan xiqaa dheerinaan fiiti 4, inchii 9, fi toora pawandi 80 tahanu.***



## Barcumni booster ja'amu maali?

Barcumni booster kuni daa'imman gurguddoo kanneen barcuma konkolaata irraa guddattani, garuu qabattoo namootni gurguddaan dhimma itti bahan hin gehiniif kan hojjatamu. Barcumni kuniis konkolaataa keessatti akka qabattoon konkolaataa qaama daa'ima irra maruub akkaataa sirri taheen kan qabu.

## Daa'imni kiyya barcuma booster kana irraa taa'uun maaliif barbaachise?

Gaaga'amni konkolaataa waa hunda caalatti kan daa'imman ganna 4 hamma 8 tahan ajjeessu. Qabattoon barcuma lubbu hanbisa, qabattoon sirritti hin qabne garuu yeroo gaaga'ama konkolaataa daa'ima kee balaa irraa hin hanqisu. Barcumni **Booster kuni dhibdee kanaaf furmaata.**

Daa'imman qabattoo barcuma konkolaataaf xiqqaa tahan, yeroo gaaga'ama mcucaatani bahuu fi gaaga'amu ykn du'uu ni dandayu. Irra tarees daa'imman yeroo qabattoon barcuma garaa irraa taa'u heddu hubamu, kuniis hubamiinsa qaama keessaa fida. Qabattoon laphee fi qonyee irra maruu qaba. Yoo bobaa jalatti hidhame lafee cinaachaa cabsa, fi qabattoon qonyee kuni dudda duubatti yoo dabarfame akka daa'imni duratti fageenyaan sochoo'u waan godhuuf dhahamiinsa mataa fidha.

Kutaaleen ykn State hedduun yeroo ammaa heera barcuma booster qabu. Washington State keessatti, heerri kuni daa'imman ganna 4 hamma 6 ykn pawandi 40 hamma 60 tahan akka dhimma itti bahan ajaja. Doktoronni fi hayyoonni fayyaa fi naggummaa hamma qabattoon konkolaata sirritti itti tahutti barcuma booster dhan akka dhimma bahamu gorsu. Haala hedduutti gorsi kuni daa'imman dheerinaan xiqaa 4' 9", pawandi 80 fi hamma ganna 8 tahanifi.

## Daa'imni kiyya yoom barcuma booster kanatti dhimma baha?

Daa'ima keetiif barcuma booster kanaan kan dhimma itti bahuu jalqabdu:

- Yeroo barcuma konkolaataa kan fuldura kaayyamu irraa guddate. Kuni kan tahu yeroo qonyeen qabattoo barcuma irra dabre ykn;
- Pawandi 40 ulfaate.

Hamma qabattoon itti tahetti barcuma booster kantti dhimma bahuu itti fufi.

## Akka qabattoon barcuma kuni daa'ima kiyyatti tahu akkamitiin beeka?

Akka daa'imni kee qabattoo barcuma konkolaataaf qophii tahe beekuuf, qabxilee **5 - ijjibaataa** armaan gadi kana ilaali: \*

1. Daa'imni kee barcuma konkolaata keessa ykn irra hamma duubaatti taa'aa?
2. Barcuma konkolaataa irraa jilbi fiinxaa barcumaan wal qixxaate bu'aa osoo hin rarra'in?
3. Qabattoon gadii sarbaa irra akka gaaritti soso'insa maleen taa'a, garaa gubbaa osoo hin tahiin?
4. Qabattoon qonyee walakkaa qonyee fi laphee irra dhufaa?
5. Daa'imni kee akkanaa amna guutuuf taa'a?

Yoo deebisaan gaaffi kanneen tokkof ille "lakki" tahe, ykn daa'imni kee qabatto qonyee bobaa jala ykn duudda duuba kan kaayu tahe, barcumni booster kuni akka qabattoon sirritti itti tahuuf barbaachisaa dha.

\*Hayyama SafetyBeltSafe U.S.A.n dhaan dhimma itti bahame.

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

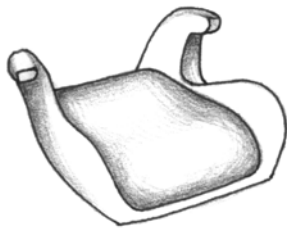
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## Akkamiin barcuma booster kan sirrii tahe filadha?

Barcumni booster kuni bifa/aynaa fi tolchaa adda addaan dhufa. Ulfina inni teessisuuf xalayaa waliin dhufu ilaali yeroo hunda qajeelfama warshaa hordofi. Barcumni booster kuni gatii adda addaa qaba. Gatiin heddummaateef barcuma wayyaa dha ykn nagaaf gaaridha jachuun hin dandayamu. Sigargaaruuf tartiiba tokko tokko akka armaan gaditti ilaali.

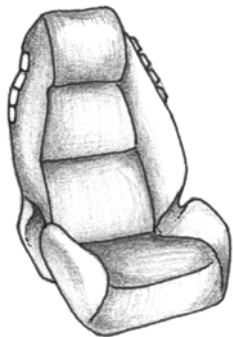
### Booster duuyda – hin qabne:

Kuni qabatto sarbaa fi qonyeen kan dhimma itti bahamu. Yoo daa'imni keessa taa'u barcumni konkolaata keeti ykn irkannoon mataa gurra daa'ima keetiin ol yoo tahe irra filatama. Aynaan kuni ol kaasu fi konkolaata tokko irraa tokkotti jijjiiruuf salphaadha.



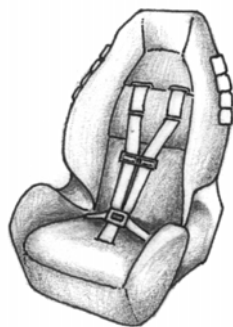
### Booster duuydaan – ol ka'aa:

Kuni qabattoo gubbaa fi qonyeen dhimma itti bahamu qaba. Barcumni duuydaan ol ka'aa kuni konkolaataa barcuma duuydaa xiqaa qabu keessatti wareera mataa hanqisa. Konkolaataa irkanno mataa qabuu fi hin qabne keessatti illee dhimma itti bahuun ni dandayama.

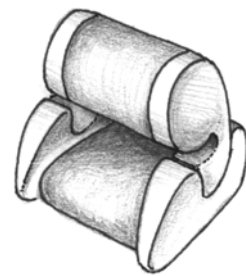


### Barcuma duuydaan olka'aa kan lugaama qabu:

Hamma daa'imni kee pawandi 40 guututti lugaamatti dhimma bahi. Sana booda, luugaama irraa baasiiti kan sarbaa/qonyee dhatti dhimma bahi. Barcuma Booster kana konkolaataa irkannoo mataa qabuu fi hin qabne keessatti dhimma bahamu ni dandayama.



**Booster qonyee:** Qaama dahoo barcuma kanatti qofa dhimma bahuun gorfamaa miti. Yoo dahoon irraa bahe, irraa baasi, (kitaaba qajeelfamaa dubbisiis). Sana booda barcuma booster sana qabatto sarbaa fi qonyeen hidhi. Daa'ima lfinni ykn mizaanni pawandi 40 ol taheef, konkolaataan irkanno mataa qabu waliin akka gaaritti hojjata.



## Yoo konkolaataan kiyya qabatto sarbaa qofa duubaa qabaate yoo?

Nagummaa daa'ima keeti wayyeesuuf meeshaan itti bituu dandeessu hedduutu jira yoo qabatto sarbaa qofa barcuma duubaa irraa qabaate. Waa'ee kanaa caalatti barachuuf, ykn odeeffanno caalaaf, bilbili (425) 828-8975, 1-800-BUCK-L-UP, ykn [www.boosterseat.org](http://www.boosterseat.org). website jadhamu dhaqii ilaali.

## Daa'imni kiyya kan ganna 6 gudadhe hiriyyoonni kiyya tokkolleen barcuma booster kana hin qaban ja'a. Maalan itti hima?

Daa'ima kee situ sirritti beeka, garuu yaadni tokko tokko kunooti:

- Heera
- Siin jaaladha kanaafan eegganno siif godha. Qabattoon barcuma konkolaata qoftiin gehaamiti.
- Barcumni Booster kuni daa'imman gurguddoof tolfame.
- Daran foddan waa ilaalu dandeessa.
- Barcumni booster kuni qabattoon barcuma akka sirritti si qabu gargaaraa fi irra tola ykn sadoon taa'u dandeessa.

## Odeeffanno caalatti eessaan argadha?

- Warra Safety Restraint Coalition ja'amaniif bilbilchi. Lakkoofsi isaani (425) 828-8975 ykn 1-800-BUCK-L-UP.
- Ykn website Washington State Booster Seat Coalition dhaqi ilaali [www.boosterseat.org](http://www.boosterseat.org).



# ልጁዎ የመኪና ቀበቶ ለመታጠቅ እድሜው ይፈቅድለታል/ ይፈቅድላታል? ግንዛቤው ይኑርዎት!

ህፃናት ቁመታቸው 4 ፊት ከ9 ኢንች፤ ክብደታቸው ወደ 80 ፓውንድ አካባቢና እድሜያቸው ደግሞ 8 አመት እስከ ሚሆናቸው ድረስ በመኪና ሲጓዙ ከፍ አድርጎ በሚይዝ መቀመጫ ማለትም በቡስተር ሲት መጠቀም ይኖርባቸዋል።



ከፍ አድርጎ የሚይዝ መቀመጫ ወይም ቡስተርሲት ምንድን ነው?

ቡስተር ሲት የተሰራው ከፍ ላሉ ልጆች ሲሆን፤ ባንድ በኩል የህፃን መቀመጫ/ካር ሲት ለሚጠባቸው በሌላ በኩል ደግሞ የአዋቂ መቀመጫ ቀበቶ ገና ለሚሰፋባቸው ማለት ነው። ቡስተር ሲት ግን ከፍ አድርጎ በማስቀመጡም ክንያት የማሰርያ ቀበቶው የህፃንን ጭንፍ ትከሻ በትክክለኛው ቦታ አቅፎ እንዲይዝ ለማድረግ ይረዳል።

ልጄ በመኪና ሲጓዝ/ስትጓዝ ለምን የቡስተር ሲት ያስፈልገዋል/ያስፈልጋታል?

ከሌሎች አደጋዎች ሁሉ ይበልጥ፤ እድሜአቸው በ4 እና በ8 ዓመት መካከል የሚገኙ ህፃናት በመኪና አደጋ ህይወታቸው ያልፋል። የመኪና መቀመጫ ቀበቶ ህይወት ያተርፋል፤ ለልጅዎ ልክ ያልሆነ ቀበቶ ግን ልጅዎን በአደጋ ጊዜ አያድንልዎትም። ስለዚህ ቡስተር ሲት በአደጋ ጊዜ መፍትሄ ነው።

ህፃኑ አናሳ ከሆነና የመቀመጫው ቀበቶ ሰፊ ከሆነ በአደጋ ጊዜ ህፃኑ ተንሸራቶ በመውጣት ሊጎዳ ወይም ሊሞት ይችላል። በጭን አግድሞሽ መሆን ያለበት ቀበቶ ሆድ ላይ ከታሰረ፤ በአደጋ ጊዜ ውስጣዊ የአካል ጉዳት ሊያደርስ ይችላል። በትከሻ በኩል ወደታች የሚወርደውን ቀበቶ ካለአግባብ ከእጅ በስተጀርባ ከሆነ የልጁ ጎድን ሊሰበር ይችላል ወይም በስተጀርባ በኩል ከሆነ ደግሞ ህፃኑ ወደፊት ተወርውሮ የጭንቅላት ግጭት አደጋ ሊደርስበት ይችላል።

ብዙ ሰቱቶች የቡስተር ሲት ህጎች አሉዋቸው። የዋሽንግተን ስቴት ህግ፤ እድሜአቸው ከ4 እስከ 8 ዓመት ለሆኑ፤ ከ40 እስከ 60 ፓውንድ ክብደት ላላቸው ህፃናት ቡስተር ሲት እንዲጠቀሙ ያዛል። እንደ ሃኪሞችና ሌሎች ኤክስፐርቶች ምክር፤ ከሞላ ጎደል የ4 ፊትከ9 ኢንች ርዝመት፤ የ80 ፓውንድ ክብደትና የ8 ዓመት እድሜ እስኪሞላቸው ድረስ ቡስተር ሲት በጣም አስፈላጊ ነው ይላሉ።

ከመቶ ጀምሮ ነው የኔ ልጅ ቡስተር ሲት የሚያስፈልገው/ኃት?

የሚከተሉት ሁኔታዎች ሲከሰቱ ልጅዎ ቡስተር ሲት እንዲጠቀም/እንድትጠቀም ያድርጉ።

- ህፃኑ በቁመት እያደገ ሲሄድ በተለይ የትከሻ ማሰሪያዎቹ እየተጣበቡና የህፃኑ ትከሻ አድጎ የህፃን መቀመጫው/ካር ሲት ማሰሪያዎችን በልጦ ሲሄድ ወይም
- የልጁ ክብደት 40 ፓውንድ ሲሆን። ልጅዎ የመቀመጫ ቀበቶ መጠቀም እስከሚችል/እስከምትችል ድረስ የቡስተር ሲቱን ይጠቀሙ።

የመኪና መቀመጫ ቀበቶ ለልጄ ተስማሚ መሆኑን መቼና እንዴት አውቃለሁ?

ልጅዎ የመቀመጫ ቀበቶ ለመጠቀም መብቃቱን/ቷን ለማወቅ የሚቀጠሉትን 5 ነጥቦች በውል ያገናኙ።

1. ልጅዎ ከመኪናው ወንበር ላይ እስከ የጀርባው መደገ ፋያ ድረስ በመጠጋት መቀመጥ ይችላል/ትችላለች?
2. የልጅዎ ጉልበቶች ካለምንም ችግር ከመቀመጫው ጠርዝ ላይ ወደ ታች በምችት ታጥፈዋል?
3. በጭን አግድሞሽ ያለው ቀበቶ በምችት ይቆላል? እንዲሁም የአግድሞሹ ቀበቶ ሆድ ላይ አይደርስም?
4. የትከሻው ቀበቶ ትከሻንና ደረትን በመሃከል በኩል አቋርጦ ወደታች ይወርዳል?
5. ልጅዎ በዚህ ሁኔታ ተቀምጦ ጠቅላላውን ጉዞ ካለምንም ችግር ለመጓዝ ይችላል?

ከእነዚህ ጥያቄዎች መካከል ለአንድ ጥያቄ እንኳን የአሉታ መለስ ከሰጡ ወይም ልጅዎ እጁን ከትከሻ ቀበቶው ካወጣው ወይም የትከሻ ቀበቶውን ወደ ጀርባው ካዘረው፤ ለልጅዎ የቡስተር ሲት ያስፈልገዋል/ታል።

\*በSafetyBeltSafe U.S.A. ፈቃድ መሰረት የተጠቀሰ።

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

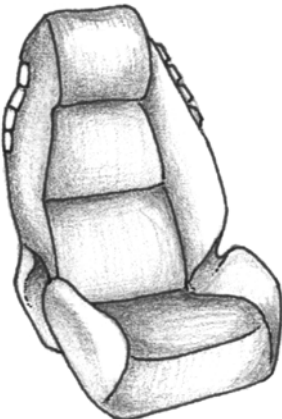
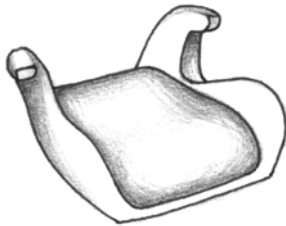
in partnership with



እንዴት ነው ትክክለኛውን ቡስተር ሲት ለመምረጥ የምችለው?

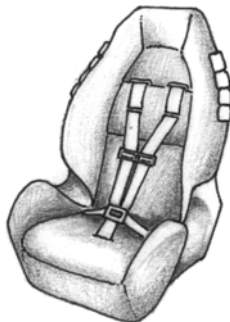
በአይነትም ሆነ በስታይል የተለያዩ ቡስተር ሲትስ ይገኛሉ። ምን ያህል የክብደት ሽክም እንደሚችል ያጣሩ፤ ምንጊዜም የአምራቹን የአጠቃቀም መመሪያ ይከተሉ። ቡስተር ሲትስ በተለያዩ የዋጋ ደረጃዎች ይገኛሉ። ውድ የሆነ ቡስተር ሲት የተሻለና አስተማማኝ ነው። ማለት አይደለም። እነሆ ሊረዱዎ የሚችሉ መመሪያዎች ዝቅብለው ተጠቅሰዋል።

መደገፊያ አለባ ቡስተር፤ ከጭንፍ ከትከሻ የመቀመጫ ቀበቶ ጋር መጠቀም አለብዎት። ልጅዎ ቡስተር ሲት ላይ ሲቀመጥ/ስትቀመጥ፤ የመኪናዎ መቀመጫ የጀርባ መደገፊያ ወይም የአንገት መደገፊያ፤ ከልጅዎ ጀርዎች የከፍታ መጠን ብልጫ እንዲኖረው ይሁን። ይሄን ሞዴል ከመኪና ወደ መኪና እያዘዋወሩ ለመጠቀም ቀላል ነው።

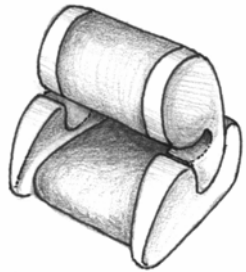


ከፍ ያለ የጨላ መደገፊያ ያለው ቡስተር/ሃይ ባክ ቡስተር፤ የጭንፍ የትከሻ የመቀመጫ ቀበቶ ጋር መጠቀም አለብዎት። የመኪና መቀመጫው የጀርባ መደገፊያ ዝቅ ያለ እንደሆነ፤ ሃይ ባክ ቡስተር በአንገትና በጭንቀት ላይ ከሚደርስ ጉዳት ያድናል። የራስ መደገፊያ ባላቸውና በሌላቸው መኪናዎች ውስጥ መጠቀም ይቻላል።

ወደፊት ተመልካች ባለቀበቶ መቀመጫ፤ የልጅዎ የከበደት ሚዛን 40 ፓውንድ እስከሚሆን ድረስ ቀበቶውን ይጠቀሙበት። ከዛብጨላ ይህንን ቀበቶ ነቅለው የጭንፍ የትከሻ የመቀመጫ ቀበቶ ያስገቡበት። ይህን ቡስተር ሲት የራስ መደገፊያ ባላቸውና በሌላቸው መኪናዎች ውስጥ መጠቀም ይቻላል።



ባለ ወደፊት መደገፊያ ቡስተር/ጂልድ ቡስተር፤ የዚህን የቡስ ተራን መደገፊያ እንዳይጠቀሙ ይመከራሉ። መደገፊያው የሚነቀል ከሆነ ይንቀሉት (ለዚህም የአጠቃቀም መመሪያውን ይመልከቱ)። ከዛብጨላ የጭንፍ የትከሻ የመቀመጫ ቀበቶ በመግጠም ከ40 በላይ ለሆነው ልጅዎ መጠቀም ይችላሉ። እንደ መደገፊያ አልባ ቡስተር ያገለግላል። ይሄ ይነቱ መቀመጫ አስተማማኝ አገልግሎት ሲሰጥ የሚችለው የራስ መደገፊያ ባላቸው መኪናዎች ውስጥ ብቻ ነው።



የመኪናዬ የኋላ መቀመጫ የጭንፍ ቀበቶ ብቻ ቢኖረው ምን ማድረግ እችላለሁ?

የጨላ መቀመጫው የጭንፍ ቀበቶ ብቻ ስላለውና በዚህም ምክንያት የልጅዎን ደህንነት ለማስተማመን ቂከፊለት የተለያዩ አይነት ፕሮዳክትስ ገበያ ላይ ይገኛል፤ በዚህ ጉዳይ ይበልጥ ኢንፎርሜሽን ለማግኘት እዚህ በተጠቀሱት የስልክ ቁጥሮች ደውለው ይጠይቁ (425) 828-8975, 1-800-BUCK-L-UP, ወይም ይሄን የዌብ ሳይት አድራሻችንን ይጎብኙ፤ [www.boosterseat.org](http://www.boosterseat.org).

የስድስት ዓመት ልጄ እንዲህ አለኝ፤ እኔ አሁንትልቅ ልጄ ስለሆንኩኝ ቡስተር ሲት አያስፈልገኝም በዚህ ላይ ደግሞ ጓደኞቼ ሁሉ ቡስተር ሲት አይጠቀሙም። ምን ልበለው?

ልጅዎን ይበልጥ የሚያውቁት አስዎ ነዎት ይሁንና እንዳንድ ሃሳቦች ይሄውልዎ፤

- ይሄ የሀገሩ ህግ ነው።
- እወድሃለሁ እና በህይወትህ ልይ ምንም ዓይነት አደጋ እንዲደርስብህ አልፈልገም።
- ቡስተር ሲት የተሰራው ልክ ለአንተ ዓይነት ላደጉ ልጆች ነው።
- ቡስተር ሲት ላይ ከተቀመጠክ ጥሩ አድርገህ በመስኮት በኩል ልታይ ትችላለህ።
- ቡስተር ሲት የመቀመጫ ቀበቶውን በልክህ እንዲሰማሃ ያረግልሃል ለምሽትህም ጥሩ ነው።

ይበልጥ ኢንፎርሜሽን የት ላገኝ እችላለሁ?

- የSafety Restraint Coalition ስልክ ቁጥር (425) 828-8975 or 1-800-BUCK-L-UP.
- ወይም Washington State Booster Seat Coalition የዌብ ሳይት አድራሻችንን ይጎብኙ፤ [www.boosterseat.org](http://www.boosterseat.org).



ቀለወዕ፣ ሲት ቤልት ክሳብ ብጉቡእ ዝኣክኸሎም፣  
ማለት፣ ብውሑዱ 4 ፊት፣ 9 ኢንች ቁመት፣  
ክባቢ 80 ፓውንድን ደቂ 8 ዓመት ክሳብ  
ዝክኸውን፣ ኣብ ቡስተር ሲት ኮፍ ክብሉ ኣለዎም።

ቡስተር ሲት ዕብይ ንዝበሉ ቀለውዕ ካር ሲት ዝነኣሶም ግናኽ ዓበይቲ ንዝገብሩዎ ሲት ቤልት ክገብሩ ገና ንዘይኸኣሉ ዝስራሕ እዩ። ቡስተር ሲት፣ ነቲ ቆልዓ ክብ ብምባል፣ እቲ ሲት ቤልት ቦቲ ጉቡእ ቦታታት ናይ ኣስላፉን መንኲቡን ከምዝሓልፍ ይገባር።

ናይ ማኪና ሓደጋታት፣ ካብ ኩሉ ንላዕሊ ዕድሚኦም፤ ክሳብ 8 ዓመት ንዝኸኸኑ ቆልዑ ይቀትል። ሲት ቤልት ህይወት የድሕን እዩ። ግናኸ ብግቡእ እንተዘይትዓጥቀ ሲት ቤልት፣ ኣብ እዋን ሓደጋ ንውላድካ ኣየድሕኖን እዩ። ቡስተር ሲት ናይዚ መፍትሒ እዩ።

ብመንኲብ ዝሓልፍ ቤልት ወይ መዕጠቓ፣ ብትሕቲ ቅልጽሞም እንተ ተዓጢቆሞ፣ ንመሰንገለኦም ክሰብር ይክኸእል። ነቲ ብመንኲብ ዝሓልፍ ቤልት ወይ መዕጠቓ፣ ብድሕሪ ሕቕኦም እንተ ተዓጢቆሞ፣ ናብ ቅድሚት ተደፊኦም ንክኸዱን ናይ ርእሲ ማህረምቲ ከምዝርረክኹሉ ይገብሮም።

ዝበዝሐ ስቴይታት ናይ ቡስተር ሲት ሕግታት ኣመሓላፊን ኣለዋ። ኣብ ዋሺንግተን ስቴይት፣ ዕድሚኦም ካብ 4 ክሳብ 6 ዓመት ወይ ካብ 40 ክሳብ 60 ፓውንድ ዝኹኹ ቆልዑ፣ ቡስተር ሲት ክገብሩ እቲ ሕጊ የገድዶም። ሓካይምን ናይ ደህንነት ክኢላታት፣ ቀለውዕ ክሳብ ነቲ ሲት ቤልት ብጉቡእ ክዕጠቁ ዝኽእሉ፣ ቡስተር ሲት ንኸገብሩ ይምዕዱ። ኣብ ዝበዝሐ እዋናት፣ ቁመቶም 4'9"፣ ኣብ ከባቢ 80 ፓውንድን ዕድሚኦም ኣብ ከባቢ 8 ዓመት እዩ።

ወላደካ ናይ ቡስተር ሲት ምጥቃም ክጅምር ኣለዎ፤

- እቲ መዕጠቕ ዘለዎ፣ ናብ ቅድሚት ዝጥምት ካር ሲት ክጸቦ ምስ ዝጅምር። እዚ ዝኸውን፣ መንኲብ ናይቲ ቆልዓ ካብቲ ናይ መዕጠቀቕ ነጂል ንላዕሊ እንተዓብዩ ወይ፣
- ማሳኑ 40 ፓውንድ እንተኸይኑ።

ክላዕ ሲት ቤልት ብጉቡእ ምዕጣቕ ዝኸኸል፣ ነቲ ቡስተር ሲት ምጥቃም ቀጽል።

ውላድካ ንሲት ቤልት ብቁ፡ እንተኮኸይኑ ንምፍላጥ  
፤ ነሃ ናይ 5-ደረጃ መርማራ\* ፈትና፤

1. ውላድካ ክሳብ መወዳእታ ብሕቀጁኡ ተጸጊዑ ኣብቲ ሰድያ ናይ ማኪና ኮፍ ክብል ይክኸእልድዩ?
2. ኣብ ጫፍ ናይቲ ሰድያ፣ ብርኪ ናይ ውላድካ ንሰስ ከይበለ፣ ብቀቓሊል ይፅጸፍድዩ?
3. እቲ ናይ ሰለፍ መፅጠቀጃ፣ ኣብ ልዕሊ ከኸብዱ ቸይኮነስ፣ ብጉቡእ ኣብ ሰልፉ ዓጢቀቋፅ ኣሎዶ?
4. እቲ ናይ መንኲብ መፅጠቀጃ፣ ኣብ ማእከል መንኲቡን ኣፍ ልቡን ይሓልፍ ድዩ?
5. ውላድካ እቲ ጉዕዞ ክሳብ ዝውዳእ ከምቺ ኢሉ ክከኸይድ ይክኸእል ድዩ?

ከብቸን ሕቶታት ንዝኮኸን «ኣይፋልን» ኢልካ እን ተ መሊሰካ ወይ ውላድካ ነቲ ናይ መንኲብ መዕጠ ች ኣብ ትሕቲ ቅልጽሙ ወይ ድሕሪ ሕጃኡ ዝገብ ሮ እንጋራተኮኸይኡ ነቲ ሲት ቤልት ብግጉቡእ ንምዕ ጣቕ ክኮኸእል ንናይ ቡስተር ሲት ከፍልዮ እዩ።

**\* ብናይ ፈቃድ ረሽቆቻቸውን ረሽቆ ራ.ራ.ሃ ተጠቅሞናል።**

**in partnership with**

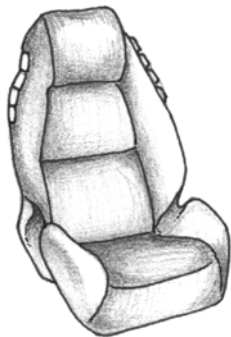
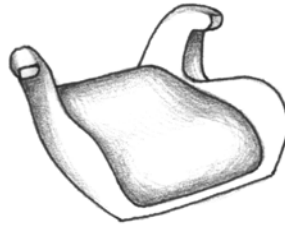




## ነቲ ግቡእ ቡስተር ሲት ከመይ ገይረ ይመርጽ?

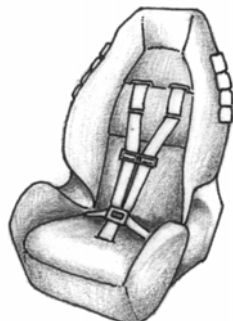
ዝተፈላለዩ ቡስተር ሲታት ዝተፈላለዩ ስርሒትን መልክዕን ኣለዎም። ናይ ሚዛን ደረት ንምፍላጥ ነቲ ምልክት ኣንብብ። እቲ ፋብሪካ ንዘህበ መመርሒታት ከኣ ኩሉ ሂዘ ስዓብ። ቡስተር ሰድያታት ዝተፈላለዩ ዋጋታት ኣለዎም። ዋጋ ከቢሩ ማለት ግን ዝሓሸ ወይ ካብ ሓደጋ ብዝበለጸ ዝካላኸል ቡስተር ሲት ማለት ግን ኣይኮነን። ክሕግቶካኸ ዝክኸእሉ ገለ ገለ መምርሒታት እንወኸ።

መጽግዒ ዘይብሉ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ውላድካ ኣብቲ ቡስተር ሲት ኮፍ ክብል ከሎ፤ ኣብቲ ማኪና ናይ ዝርከብ ሰድያ መደገፍ ሑቕ ወይም መደገፊ ርእሲ ልዕሊ እዝኒ ውላድካ እንተኮሸይኑ ዝበለጸ ውጽኢት ኣለዎ። እዚ ሞዴል ብቀሊሉ ክጥርነፍን ካብ ሓንቲ ማኪና ናብ ካልእ ክጉዓዝ ዝክኸእል እዩ።

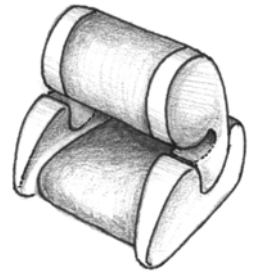


መጽግዒ ዘይብሉ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ውላድካ ኣብቲ ቡስተር ሲት ኮፍ ክብል ከሎ፤ ኣብቲ ማኪና ናይ ዝርከብ ሰድያ መደገፍ ሑቕ ወይ መደገፊ ርእሲ ልዕሊ እዝኒ ውላድካ እንተኮሸይኑ ዝበለጸ ውጽኢት ኣለዎ። እዚ ሞዴል ብቀሊሉ ክጥርነፍን ካብ ሓንቲ ማኪና ናብ ካልእ ክጉዓዝ ዝክኸእል እዩ።

ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር፤ ምስ ናይ ሰለፍ/መንኲብ ሲት ቤልት ብሓባር ክጥቀም ኣለዎ። ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር፤ ለጠቕ ዝበለ መጽግዒ ዝለዎን መካይን ንዝመጽእ ማህሰይቲ ይካላኸል። ናይ ርእሲ መደገፊ ምስ ዘለዎን ወይ ምስ ዘይብለን መካይን ክንጥቀመሉ ንኸእል። እቲ ክብ ዝበለ መጽግዒ ዝለዎ ቡስተር ንዝደቀሰ ቆልዓ ንምድጋፍ'ውን ይሕግዝ።



ናብ ቅድሚት ዝጥምት መእሰሪ ዘለዎ ሰድያ፤ ነቲ መእሰሪ ውላድካ ካሳፅ 40 ፓውንድ ዝኸውን ተጠቀመሉ። ድሕሪኡ፤ ነቲ መእሰሪ ኣልጊስካ፤ ነቲ ናይ ሰለፍ/መንኲብ ሲት ቤልት መእሰሪ ዘለዎ ቡስተር ሰድያ ተጠቀም። እቲ ቡስተር ሰድያ ሲት ናይ ርእሲ መደገፊ ምስ ዘለዎን ወይ ምስ ዘይብለን መካይን ክትጥቀመሉ ትኸእል።



ኣብ ናይ ድሕሪት ሰድያ ናይ ማኪናይ፤ ናይ ሰለፍ መእሰሪ መዕጠቂ ጥራሕ እንተሎኸ? ኣብ ናይ ድሕሪት ሰድያ ናይ ማኪናይ፤ ናይ ሰለፍ መእሰሪ መዕጠቂ ጥራሕ እንተሎካ፤ ንደህንነት ናይ ውላድካ ንምምሕያሽ ዝሕግዞኻ፤ ክትገዝእም ትኸእል ብዘሓት ኣቁሑት ኣለዉ። ብዛዕብኦም ተወሳኺ ኣፍልጦ ንምርካብ ወይ ንተወሳኸኺ ሓበሬታ ናብ (425) 828-8975, 1-800-BUCK-L-UP ወይ ኣብ [www.boosterseat.org](http://www.boosterseat.org) ተመልከት።

ወዲ 6 ዓመት ወደይ እጂ ዓቢ ወዲ ኾይን እየ፤ ኩሎም ኣዕሩኸቲ ኸኣ ናይ ቡስተር ሲት ኣይገብሩን እዮም ይብል ኣሎ። እንታይ ክብሎ ይግብኣኒ? ንውላድካ ዝያዳ ንሸኻ ትፈልጦ። ግናኸ ገለ ሓሳባት እነወኸ፤

- ሕጊ እዩ።
- ስለ ዝፈትወካ ክካላኸለልካ ይደልይ እዩ። እቲሲት ቤልት ንበይኑ ኣይኣክልን እዩ።
- ቡስተር ሰድያታት፤ ከማኻ ዕብይ ንዝበሉ ቀለወዕ ጥራሕ እዮም ተሰሪሖም።
- በቲ መስኮት ጽቡቕ ንኸትርኢ ይሕግዝ።
- ናይ ቡስተር ሲት፤ እቲ ሲት ቤልት ከም ጉቡእ ገጥ ኣቢሉ ንክሕዝካን ንኸምችኣካን ይሕግዝ።

ተወሳኸኺ ሓበሬታ ካበይ ክረክብ ይኸእል?

- ናብ ናይ መካላኸኸሊ ቀይዲ ማሕበር ኣብ (425) 828-8975" 1-800-BUCK-L-UP ደውል።
- ወይ ከኣ ናብ ናይ ዋሺንግተን ስቴይት ናይቡስተር ሲት ማሕበር ዌብሳይት [www.boosterseat.org](http://www.boosterseat.org) ኪድ።

# តើកូនរបស់អ្នកប្រុងប្រៀបប្រើកៅអីមានខ្សែក្រវាត់ ហើយ ឬទេ? ចូរគិតមើលម្តងទៀត!

កូនក្មេងត្រូវការអង្គុយនៅក្នុងកៅអីលើកឲ្យខ្ពស់ រហូតដល់កៅអីមានខ្សែ  
ក្រវាត់ត្រូវចំពោះក្មេងនោះនៅពេលពួកគេយ៉ាងហោចណាស់មានកម្ពស់ 4 feet 9  
Inches ហើយមានទម្ងន់ប្រហែល 80 pounds និងមានអាយុ 8 ឆ្នាំ។



## តើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងជាអ្វី?

កៅអីលើកឲ្យខ្ពស់គឺបានធ្វើឡើងសំរាប់កូនក្មេងធំនៅពេលពួកគេមិន  
ត្រូវនិងកៅអីរថយន្ត ប៉ុន្តែមិនទាន់ធំគ្រប់គ្រាន់នឹងប្រើកៅអីមានខ្សែ  
ក្រវាត់សំរាប់មនុស្សធំ។ កៅអីលើកឲ្យខ្ពស់គឺលើកកូនក្មេងឡើង  
ដើម្បីឲ្យផ្នែកពាក់លើភ្លោងនិងស្មារនៃកៅអីមានខ្សែក្រវាត់ពាក់ខ្លួន  
លើដងខ្លួនរបស់កូនក្មេងឲ្យត្រូវសមរម្យ។

## តើហេតុអ្វីបានជាកូនរបស់ខ្ញុំត្រូវការអង្គុយនៅក្នុងកៅអីលើក ឲ្យខ្ពស់សំរាប់កូនក្មេង?

ពេលរថយន្តបុកគ្នាធ្វើឲ្យស្លាប់កូនក្មេងមានអាយុ 4 ទៅ 8 ឆ្នាំ  
ច្រើនជាងអ្វីទាំងអស់។ កៅអីមានខ្សែក្រវាត់ជួយជីវិតមនុស្ស ប៉ុន្តែ  
កៅអីមានខ្សែក្រវាត់ដែលមិនត្រឹមត្រូវក៏មិនអាចការពារកូនរបស់អ្នក  
ក្នុងពេលមានរថយន្តបុកគ្នាដែរ។ កៅអីលើកឲ្យខ្ពស់គឺអាចដោះ  
ស្រាយនូវបញ្ហានេះ។

ក្នុងពេលរថយន្តបុកគ្នា កូនក្មេងតូចដែលមិនត្រូវនិងកៅអីមានខ្សែ  
ក្រវាត់អាចរអិលចេញហើយទទួលការឈឺចាប់ ឬក៏ស្លាប់។ កូនក្មេង  
ក៏អាចទទួលការឈឺចាប់យ៉ាងធ្ងន់ធ្ងរដែរពេលរថយន្តបុកគ្នា នៅ  
ពេលផ្នែកពាក់លើភ្លោងនៃកៅអីមានខ្សែក្រវាត់ដែលដាក់អង្គុយលើ  
ពោះ ជាកន្លែងដែលអាចឲ្យមានរបួសដល់សរីរាង្គខាងក្នុង។  
ខ្សែក្រវាត់ពាក់លើស្មារដែលពាក់នៅក្រោមដៃអាចធ្វើឲ្យបាក់ឆ្អឹងជំនី  
ហើយដាក់ខ្សែក្រវាត់ពាក់លើស្មារពីក្រោយខ្នងអាចបណ្តាលឲ្យ  
ក្មេងរងរបួសមុខឆ្មាយបណ្តាលឲ្យទង្គិចក្បាល។

ឥឡូវនេះរដ្ឋជាច្រើនមានច្បាប់សំរាប់កៅអីលើកឲ្យខ្ពស់។ ច្បាប់នៅ  
ក្នុងរដ្ឋវ៉ាស៊ីនតោនតម្រូវឲ្យប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែល  
មានអាយុ 4 ទៅ 6 ឆ្នាំ ឬមានទម្ងន់ពី 40 ទៅ 60 pounds ។  
រដ្ឋបណ្តុំត្រូវអ្នកជំនាញការខាងធ្វើឲ្យមានសុវត្ថិភាពបានឲ្យដឹង  
ថា កូនក្មេងត្រូវប្រើកៅអីលើកឲ្យខ្ពស់រហូតដល់កៅអីមានខ្សែក្រវាត់  
ត្រូវដោយសមរម្យ។ នៅក្នុងករណីជាច្រើន គឺអាចនៅពេល  
ពួកវាមានកម្ពស់យ៉ាងហោចណាស់ 4'9" មានទម្ងន់ 80 pounds  
ហើយប្រហែលជាមានអាយុ 8 ឆ្នាំ។

## តើនៅពេលណាកូនរបស់ខ្ញុំត្រូវការប្រើកៅអីលើកឲ្យខ្ពស់?

ចាប់ផ្តើមប្រើកៅអីលើកឲ្យខ្ពស់នៅពេលកូនរបស់អ្នក:

- ធំហួសលើសកៅអីរថយន្តដាក់បែរទៅមុខរបស់គេជាមួយ  
និងខ្សែពង្រឹង។ គឺកើតឡើងនៅពេលស្មាររបស់វាស្ថិតនៅលើរន្ធ  
ខ្សែសំបើតទាំងពីរ។
- មានទម្ងន់ 40 pounds ។

ត្រូវបន្តប្រើកៅអីលើកឲ្យខ្ពស់រហូតដល់កៅអីមានខ្សែក្រវាត់ត្រូវ  
ចំរៀបប្រើដែលត្រូវតែប្រើ។

## តើខ្ញុំត្រូវដឹងដោយរបៀបណានៅពេលកៅអីមានខ្សែក្រវាត់ត្រូវ កូនរបស់ខ្ញុំ?

ដើម្បីដឹងថាកូនរបស់អ្នកប្រុងប្រៀបប្រើកៅអីមានខ្សែក្រវាត់  
ចូរសាកល្បងធ្វើតេស្ត 5 របៀប។ \*

1. តើកូនរបស់អ្នកអាចអង្គុយយកខ្លួនរបស់វាទល់និងកៅអី  
ឡានបានឬ?
2. តើដងរបស់កូនអ្នកអាចបត់ដោយស្រួលនៅតែមកៅអី  
ដោយគ្មានឈរឬអង្គុយបានឬទេ?
3. តើខ្សែក្រវាត់ពាក់លើភ្លោងត្រូវល្អ តឹងរ៉ត់ខ្លាំងកាត់លើភ្លោង  
វាមិនមែនឡើងលើពោះឬទេ?
4. តើខ្សែក្រវាត់ពាក់លើស្មារតែកាត់ខ្លាំងចំពាក់កណ្តាល  
ស្មារនិងទ្រូងឬទេ?
5. តើកូនរបស់អ្នកអាចអង្គុយដូច្នេះក្នុងពេលធ្វើដំណើររហូតឬ?

បើអ្នកឆ្លើយ "ទេ" ចំពោះសំណួរណាមួយក្នុងសំណួរទាំងនេះ  
ឬកូនរបស់អ្នកពាក់ខ្សែក្រវាត់ពាក់ស្មារខាងក្រោមដៃ  
ឬខាងក្រោយខ្នងនោះកៅអីលើកឲ្យខ្ពស់ គឺត្រូវការសំរាប់  
ឲ្យត្រូវនិងកៅអីមានខ្សែក្រវាត់។

\*សូមប្រើជាមួយការអនុញ្ញាតពី SafetyBeltSafe U.S.A.

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)  
in partnership with

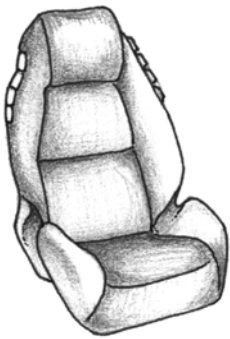
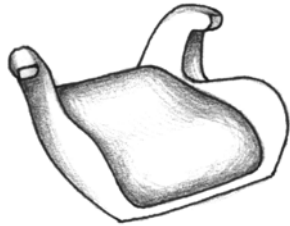


### តើខ្ញុំអាចរើសឲ្យត្រូវកៅអីលើកឲ្យខ្ពស់យ៉ាងដូចម្តេច?

កៅអីលើកឲ្យខ្ពស់មានច្រើនប្រភេទនិងម៉ូត។ ត្រូវពិនិត្យមើលផ្នែកសំរាប់ការកំរិតទម្ងន់ហើយត្រូវតែធ្វើតាមគោលការណ៍ណែនាំពីរោងចក្រ។ កៅអីលើកឲ្យខ្ពស់មានតម្លៃយ៉ាងទំលំទូលាយ។ មួយដែលមានតម្លៃខ្ពស់ជូនការមិនអាចមានន័យ ថាជាកៅអីដែលល្អប្រសើរ ឬមានសុវត្ថិភាពទេ។ នេះគឺជាគោលការណ៍ណែនាំខ្លះដែលអាចជួយអ្នក។

### កៅអីលើកឲ្យខ្ពស់ដែលគ្មានខ្នងបង្អែក:

ត្រូវប្រើម៉ឺនកៅអីដែលមានខ្សែក្រវាត់តាមភ្លៅ/ស្មា ។ គឺប្រសើរមើលបង្អែកកៅអីរបស់រថយន្ត ឬកន្លែងដាក់ក្បាលបង្អែកនៅពីលើគ្រឿងរបស់ក្មេងនៅពេលកូនក្មេងអង្គុយលើកៅអីលើកឲ្យខ្ពស់។ ម៉ឺននេះគឺវាងាយស្រួលក្នុងការបត់យកចុះឡើងពីរថយន្តមួយទៅរថយន្តមួយ។



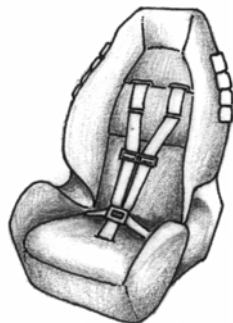
### កៅអីលើកឲ្យខ្ពស់ដែលមានខ្នងបង្អែកខ្ពស់:

ត្រូវប្រើវាជាមួយភ្លៅ/ស្មា មុតកៅអីដែលមានខ្សែក្រវាត់។ កៅអីលើកឲ្យខ្ពស់ដែលមានខ្នងបង្អែកខ្ពស់គឺការការពារទល់នឹងកន្ត្រាក់ទៅមុខទៅក្រោយនៅក្នុងរថយន្ត ដែលមានកៅអីបង្អែកទាប។ វាអាចប្រើបានជាមួយរថយន្តមាន ឬមិនមានក្បាលបង្អែក។

កៅអីដែលមានខ្នងបង្អែកខ្ពស់អាចជួយទ្រពោលក្មេងដេក។

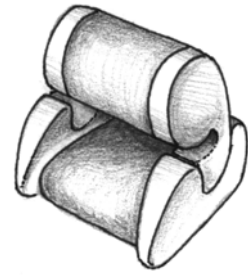
### កៅអីលើកឲ្យខ្ពស់ បែរទៅមុខមានខ្សែពង្រឹង:

ត្រូវប្រើខ្សែពង្រឹងរហូតដល់កូនរបស់អ្នកមានទម្ងន់ 40 pounds ឬនាំមកដោះខ្សែពង្រឹងចេញហើយប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានខ្សែក្រវាត់ពាក់លើភ្លៅនិងពាក់លើស្មា។ កៅអីលើកឲ្យខ្ពស់នេះសំរាប់ប្រើបាននៅក្នុងរថយន្តមាន ឬមិនមានក្បាលបង្អែក។



### កៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានរាង:

ការប្រើប្រាស់កៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងនេះគឺមិនមានការឲ្យឱ្យវាទតទេ។ ទៀតទេ បើរាងនោះរហូតចេញបានត្រូវដោះចេញ (ចូរពិនិត្យមើលសៀវភៅណែនាំ)។ បន្ទាប់មកប្រើកៅអីលើកឲ្យខ្ពស់សំរាប់កូនក្មេងដែលមានខ្សែក្រវាត់ ពាក់លើភ្លៅនិងពាក់លើស្មាសំរាប់ កូនក្មេងដែលមានទម្ងន់ 40 pounds ។ វាប្រើដូចជាកៅអីលើកឲ្យខ្ពស់ដែលគ្មានបង្អែកដែរ ។ ម៉ឺនកៅអីនេះប្រើល្អណាស់នៅក្នុងកៅអីរថយន្តមានក្បាលបង្អែក។



### តើយ៉ាងដូចម្តេចបើរថយន្តរបស់ខ្ញុំមានតែខ្សែក្រវាត់នៅកៅអីខាងក្រោយ?

គឺមានរបស់របរជាច្រើនដែលអ្នកអាចទិញដើម្បីជួយធ្វើឲ្យសន្តិសុខរបស់ក្មេងមានការប្រសើរឡើងនៅក្នុងរថយន្តបើអ្នកមានតែខ្សែក្រវាត់ពាក់លើនៅកៅអីរថយន្តខាងក្រោយ។ សំរាប់ការរៀនសូត្រពីពួកវាថែមទៀត ឬសំរាប់ព័ត៌មានថែមទៀតសូមទូរសព្ទតាមលេខ (425) 828-8975, 1- 800- BUCK-L-UP ឬ ពិនិត្យមើល [www.boosterseat.org](http://www.boosterseat.org)។

### កូនរបស់ខ្ញុំមានអាយុ 6 ឆ្នាំ និយាយថាវាជាក្មេងធំហើយ ឥឡូវនេះពួកយើង របស់វាមិនមានកៅអីលើកឲ្យខ្ពស់ទេ។ តើខ្ញុំត្រូវប្រាប់វាយ៉ាងណា?

អ្នកស្គាល់កូនរបស់អ្នកយ៉ាងច្បាស់លាស់ ប៉ុន្តែនេះគឺគំនិតខ្លះ៖

- វាគឺជាច្បាប់
- ខ្ញុំស្រឡាញ់អ្នកខ្ញុំនិងចង់ការពារអ្នក។ កៅអីមានខ្សែក្រវាត់តែម្យ៉ាងមិនអាចគ្រប់គ្រាន់ទេ។
- កៅអីលើកឲ្យខ្ពស់គឺសំរាប់តែក្មេងធំដូចអ្នកឯង។
- ឯងនឹងអាចមើលទៅក្រៅឃើញតាមបង្អួចដោយប្រសើរ។
- កៅអីលើកឲ្យខ្ពស់នឹងធ្វើឲ្យកៅអីមានខ្សែក្រវាត់ត្រូវចំលូនិងធ្វើឲ្យស្រួលខ្លួន។

### តើខ្ញុំអាចទទួលព័ត៌មានបន្ថែមពីណា?

- ចូរទូរសព្ទទៅ Safety Restraint Coalition តាមលេខ (425) 828-8975 ឬ 1-800-BUCK-L-UP ឬ
- ពិនិត្យមើលតាមបណ្តាញ អ៊ីនធឺណិតរបស់ Washington State Booster Seat Coalition នៅ [WWW.boosterseat.org](http://WWW.boosterseat.org).



# 您的孩子是否可以繫安全帶了？請再三思！

身高不到4呎9吋、體重為80磅以下和不滿8歲的兒童在乘車時需要一個輔助座墊，直到適合使用成年人安全帶。



## 什麼是輔助座墊？

輔助座墊是為年齡稍長的兒童製做的，這些兒童對使用幼兒車座而言太大了，但尚未大到可使用成年人安全帶。輔助座墊將孩子墊高，使車上的大腿上方和肩膀安全帶均能適當地繫在孩子的身上。

## 為什麼我的孩子在乘車時需要坐在輔助座墊上？

車禍造成兒童死亡，年齡在4至8歲之間的兒童的死亡率高於其他任何兒童年齡組的死亡率。安全帶能夠拯救生命，但是，不適合孩子的安全帶在車禍中卻不能保護孩子。輔助座墊可以解決這個問題。

在車禍發生時，對於繫安全帶還年齡太小的兒童會從座位上滑出來，從而受到傷害或喪生。當大腿上方的安全帶繫在腹部時，則可能傷害內臟器官，也會使兒童在發生車禍時受到嚴重傷害。如果將肩膀安全帶繫在手臂下，在發生車禍時會折斷肋骨；如果肩膀安全帶被置於背後，在發生車禍時會使孩子的身體往前衝，造成頭部創傷。

很多州現在都制定了輔助座墊法，華盛頓州的法律要求年齡在4至6歲之間或體重在40至60磅之間的兒童在乘車時必須坐在輔助座墊上。醫生和專家們建議兒童在適合使用安全帶之前要使用輔助座墊，這通常指孩子的身高至少是4呎9吋，體重大約為80磅，年齡大約為8歲。

## 我的孩子何時需要使用輔助座墊？

您的孩子在下述情況需使用輔助座墊：

- 孩子的生長超過附有背帶的正向幼兒車座，即當孩子肩膀的高度超過最上面的繫帶孔時，或是；
  - 孩子的體重達到40磅。
- 持續使用輔助座墊，直至適合使用安全帶。

## 我如何知道我的孩子是否適合使用安全帶？

要知道安全帶是否適合您的孩子，請嘗試以下的5步試驗：

1. 孩子的坐姿是否完全向後靠著自動座位？
2. 孩子的膝蓋是否舒服地彎在座位的邊上而不用彎腰？
3. 腰部安全帶是否緊緊在大腿上方，而不是繫在腹部？
4. 肩膀安全帶是否橫越肩膀和胸部的中間部位？
5. 延途中，孩子能否一直保持這樣的坐姿？

如果您對以上任何一個問題的回答是「否」，或者您孩子將肩膀安全帶置於手臂下或背後，則需要輔助座墊來正確使用安全帶。

\* 經美國保險安全帶處許可使用。

Washington State Booster Seat Coalition  
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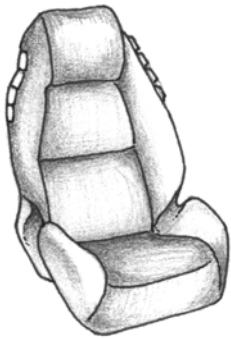
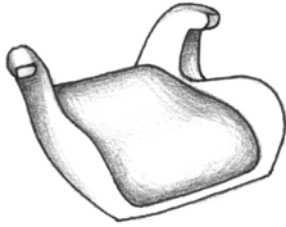


## 我如何選擇合適的輔助座墊？

輔助座墊有很多類型和式樣，請檢查體重限度的標籤並始終遵循廠商的說明。輔助座墊的價格差異極大，價格高並不意味著輔助座墊更好或更安全，以下是一些對您有幫助的指導說明。

### 無靠背輔助座墊：

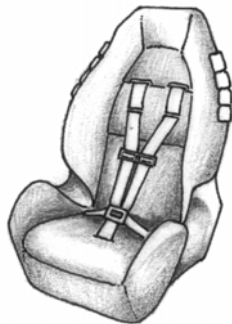
必須與腰部和肩膀安全帶一起使用。當您的孩子坐在輔助座墊上時，如果您的車座靠背或頭靠部位正好在孩子耳朵的上方，這就是最佳選擇。此型號的座墊便於包裝搬運，且容易從一輛車換至另一輛車上。



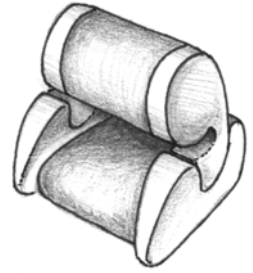
**高靠背輔助座墊：**必須與腰部和肩膀安全帶一起使用。高靠背輔助座墊可以預防只有低靠背車輛撞車時引起的頭部受傷，它適用於附有或不附有頭靠墊的車輛，高靠背還可以使睡覺的孩子獲得身體支撐。

### 有背帶的正向車座：

在您的孩子體重達到 40 磅之前要一直使用背帶。然後拆下背帶，使用附有腰部和肩膀安全帶的輔助座墊。這種輔助座墊可以用於附有或不附有頭靠墊的車輛。



**護罩輔助座墊：**不再提倡使用這種輔助座墊的護罩部份。如果護罩部份在購買時是分開的，不要安裝起來（查看說明書）。然後，對體重為 40 磅以上的孩子，使用附有腰部和肩膀安全帶的輔助座墊，其功能與無靠背輔助座墊一樣。這種輔助座墊對於沒有頭靠墊的車輛來說是最佳選擇。



## 如果我的車後排座位上只有腰部安全帶，怎麼辦？

如果您的車後排座位上只有腰部安全帶，那麼有很多種產品可供您購買以改善您的孩子的乘車安全。如果要瞭解這些產品的進一步資訊，或需要更多有關資料，請電詢：(425) 828-8975、1-800-BUCK-L-UP 或造訪

[www.boosterseat.org](http://www.boosterseat.org)。

## 我 6 歲大的兒子說，現在他是大男孩了，而且他的朋友都不使用輔助座墊。我應該告訴他什麼？

您最瞭解自己的孩子，不過，以下是一些想法：

- 這是法律規定。
- 我愛你並想保護你，光有安全帶是不夠的。
- 輔助座墊是為像你這樣大的孩子專門製做的。
- 你將能夠更舒適地瀏覽窗外景色。
- 輔助座墊使安全帶繫在更適合的部位，並且更舒服。

## 我可以從哪裡獲得更多資訊？

- 打電話給安全約束聯盟，電話號碼是 (425) 828-8975 或 1-800-BUCK-L-UP。
- 或造訪華盛頓州輔助座墊聯盟的網站 [www.boosterseat.org](http://www.boosterseat.org)。

Information from: National Highway Traffic Safety Administration, SafetyBeltSafe U.S.A., Safe Ride News Publications, Safety Restraint Coalition.

# あなたのお子さんは、シートベルト 年齢に達しているでしょうか？ もう一度、考えてみて下さい！

シートベルトに体がフィットする、少なくとも**8才（身長140cm、体重約36kg）**になるまで子供にはブースターシートが必要です。



## ブースターシートとは、何でしょうか？

チャイルドシートは卒業したけれど、大人用のシートベルトを使うにはまだ小さすぎる、そんな年齢の子供を対象にデザインされたものがブースターシートです。車の座席に置いて子供の座高を上げ、シートベルトが子供の太腿や肩の部分にぴったりフィットするようにします。

## ブースターシートは、どうして必要なのですか？

4歳から8歳児の死亡原因として、最も多いのが自動車事故です。シートベルトは安全のために不可欠なものですが、体にきちんとフィットしないシートベルトを着けていても、いざという時の役には立ちません。ブースターシートが必要なのはそのためなのです。

シートベルト年齢に満たない子供は、事故の衝撃でベルトから放り出されてケガをしたり、死亡するケースさえあります。太腿を上から留めるはずのシートベルトがお腹付近にあると、事故の際、内臓を傷つけ重体になってしまうこともあります。又、ショルダーベルトが脇の下にあると肋骨を折ったり、ショルダーベルトだけをはずしたままでおくと、上体が前方に強く投げ出され、脳に障害をきたすこともあります。

現在、多数の州でブースターシートの利用が法律で義務付けられ、ワシントン州でも、4歳から6歳児又は、体重**18kg**から**27kg**の子供はブースターシートを使用しなければなりません。医師や安全専門家によると、シートベルトが子供の体にフィットするまでは、ブースターシートを使用させ続けるのが望ましいとされています。ほとんどの場合、最低でも8歳（身長**140cm**、体重約**36kg**）になるまでブースターシートの使用が必要になります。

## ブースターシートの利用はいつから始めるべきでしょうか？

お子様が次の条件に当てはまる場合、ブースターシートの使用を開始して下さい。

- 前向きの安全ストラップ付きチャイルドシートが小さくなった時。子供の肩が一番上のストラップ穴より高い位置にくると、チャイルドシートが小さくなったということです。
- 体重が18kgになった時。

シートベルトがきちんとフィットするようになるまでは、ブースターシートの使用を続けて下さい。

## 子供がシートベルトにフィットするようになったかどうかは、どのようにしてわかりますか？

シートベルト年齢に達したかどうかは、次の**5段階テスト\***でわかります。

1. 車の座席に深く腰掛けることが出来ますか？
2. 膝下が宙ぶらりんになることなく、膝を折ってゆったりと座れますか？
3. ラップベルトがお腹の上でなく太腿の上にぴったりと着用出来ていますか？
4. ショルダーベルトは肩から胸にかけてしっかりと中心部を押さえていますか？
5. 以上の状態で長時間快適に座っていられますか？

上記の条件をひとつでも満たせない場合、あるいは子供がショルダーベルトを脇や背中に回してしまう場合には、快適にフィットするシートベルトを提供するブースターシートが必要ということです。

\* SafetyBeltSafe U.S.A. の許可を得て転載しました。

Washington State Booster Seat Coalition

[www.boosterseat.org](http://www.boosterseat.org)

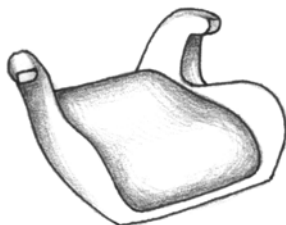
in partnership with

## ブースターシートの正しい選び方は？

ブースターシートには、様々なタイプやスタイルがあります。ラベルに表示してある許容体重を確認の上、必ずメーカーの取り扱い指示に従って使用して下さい。ブースターシートは、値段の幅が広く、高いからといって、品質や安全性がより良いというわけではありません。選択の際の目安を記しますので参考にして下さい。

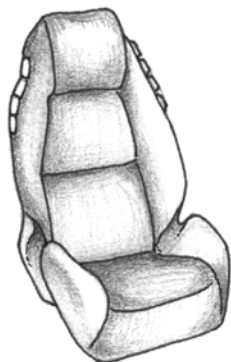
### 背もたれ無し

**ブースター：**車のラップベルト及びショルダーベルトと併用する必要があります。このブースターシートに座った時、車の背もたれやヘッドレストの高さが耳より上であれば、最も効果的です。この型は、取り外しや車から車への移動が楽に出来ます。



### ハイバック・

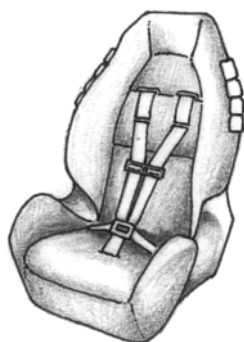
**ブースター：**車のラップベルト及びショルダーベルトと併用する必要があります。背もたれの低い車でも、このハイバックで鞭打ち症を妨ぐことが出来ます。ヘッドレストの有無に関わらず使用することが可能です。睡眠中の子供もしっかり保護します。



### 安全ストラップ付き

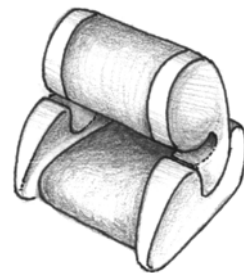
#### 前向きブースター：

体重が 18kg になるまでは、ストラップを締めます。18kg 以上になると、ストラップを外し、ラップベルト及びショルダーベルトを併用して下さい。このブースターシートも、ヘッドレストの有無に関わらず使用することが可能です。



## シールド付きブースター

一：このブースターのシールド部分の使用はお勧めできません。シールドが取り外し可能であれば、本体から外して下さい。（取り扱い説明書を確認のこと。）このブースターシートには、車のラップベルト及びショルダーベルトを併用



し、体重 18kg 以上の子供に使うことができます。これは背もたれ無しブースターシートと同様にご利用いただけます。この型は、ヘッドレストのある車での使用に最適です。

## 車のバックシートに、ラップベルトしかついていない場合は、どうすればよいでしょうか？

ラップベルトしかついていない車にも、車内での子供の安全性を高めるのに役立つ製品が数多く販売されています。詳しくは、電話 (425) 828-8975 または 1-800-BUCK-L-UP までお電話でお問い合わせ下さい。ホームページ [www.boosterseat.org](http://www.boosterseat.org) でもご案内しています。

## 6 歳になるうちの息子が自分は今もう大きくなったし、友達も誰もブースターシートなんて使っていない、と言います。どうすればよいでしょうか？

子供への対応については、ご両親が一番よくご存知かと思いますが、ここにいくつか会話のヒントを紹介しておきます。

- ブースターシートの使用は法律で決められているのよ。
- 大好きだから守ってあげたいのよ。シートベルトだけでは役に立たないからね。
- ブースターシートは、あなたのような年頃の子供用に作られたものなのよ。
- ブースターシートに座ると、窓からの景色がもっとよく見られるわよ。
- ブースターシートは、シートベルトをきちんと締める為に必要で、座り心地もいようにデザインされてるのよ。

## お問い合わせ先

- **Safety Restraint Coalition**（安全規制連合）電話(425) 828-8975 又は、1-800-BUCK-L-UP までご連絡下さい
- **Washington State Booster Seat Coalition**（ワシントン州ブースターシート連合）のホームページ [www.boosterseat.org](http://www.boosterseat.org) でもご案内しています。

# APPENDIX A

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**[Bilingual Handout/  
Brochure Insert]**

APPENDIX A



## Big Kids Need Booster Seats

### BIG KIDS NEED BOOSTER SEATS

4-8 years

40-80 pounds

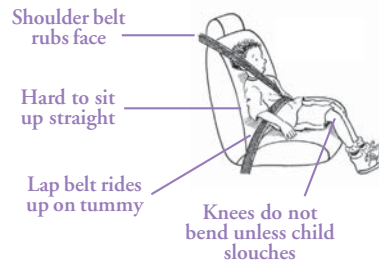
up to 4'9" tall

Keep big kids safe in the car —  
use booster seats on every ride, every time.

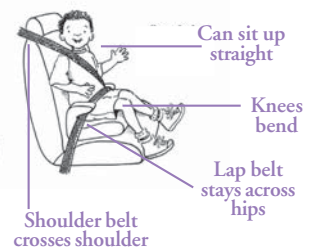
It's the law. And your child is worth it.

\*\*\* This information is not sponsored by the school district. In consideration for the privilege to distribute the attached materials, the school district shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards.\*\*\*

#### SEAT BELT DOES NOT FIT



#### SEAT BELT FITS WITH BOOSTER SEAT



For more information and booster seat coupons, visit [www.boosterseat.org](http://www.boosterseat.org) or call 1-800-BUCK-L-UP (1-800-282-5587).

A message from the Washington State Booster Seat Coalition

© 2003 Harborview Injury Prevention and Research Center

## Big Kids Need Booster Seats - Spanish side

### NIÑOS GRANDES NECESITAN ASIENTOS ELEVADOS BOOSTER

4-8 años

40-80 libras

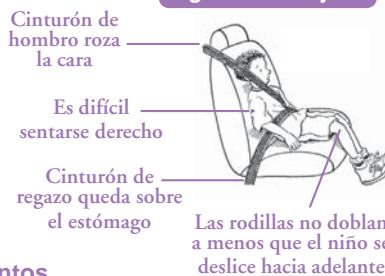
hasta 4'9" de altura

Mantén seguro a tu hijo en el carro – usa asientos elevados cada vez que salgas, siempre que salgas.

Es la ley. Y tu hijo lo merece.

\*\*\*Esta información no está patrocinada por el distrito escolar. En consideración al privilegio de distribuir el material adjunto, el distrito escolar debe ser absuelto de daño por cualquier causal de acción, demanda o petición establecida en cualquier corte o tribunal administrativo, que se levante debido a la distribución de este material, incluyendo todos los costos, honorarios de abogados, juicios o premios.\*\*\*

#### El cinturón de seguridad no ajusta



#### El cinturón ajusta bien con el uso del asiento elevado



Para más información y para cupones de descuento para asientos elevados visite [www.boosterseat.org](http://www.boosterseat.org) o llame a 1-8-777-TU-VIDA (1-877-788-8432)

Un mensaje de la Campaña de la Coalición por la Seguridad Vial de los Niños

© 2003 Harborview Injury Prevention and Research Center

# APPENDIX A

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**[Coupons]**

APPENDIX A

## Front side (Fred Meyer coupon)

**FredMeyer** COUPON • REDEEM ONLY AT **FredMeyer** • EXPIRES 06-30-02

# SAVE \$10<sup>00</sup>

From Reg. Price when you purchase the

## evenflo™ Right Fit Booster

Limit one coupon per customer. Not valid with any other Fred Meyer coupon for same item(s).  
 Customer responsible for applicable sales tax in accordance with sales tax regulations for manufacturer coupons.  
 Valid WA & OR States only. By MFR. Not available at Fred Meyer Broadway, Midway, Kent, Tacoma-Pacific and  
 Marketplace Stores in WA or at Fred Meyer Clackamas, Division, Gilsan, Hawthorne, Interstate, Peninsula,  
 Southeast, Tigard, Wood Village and Marketplace Stores in OR.  
 Cash Value 1/100c.



**Customer:** We will reimburse you the face value of this coupon provided it is redeemed at the time of purchase on the brand specified. Reproduction of this coupon is expressly prohibited. ANY OTHER USE CONSTITUTES FRAUD. Void where taxed or restricted. LIMIT ONE COUPON PER ITEM PURCHASED.



Cashier:PLU 70076

Printed by State Farm Insurance.




evenflo™ Style # 245119

## Back side (Target coupon)

## \$5 off a great ride!

Looking out for families in more ways than one.



Doctors and safety experts recommend that children over 40 pounds AND up to 4' 9" tall should be placed in a booster seat while riding in a vehicle

—secured in the back seat with both the shoulder and lap belts. If your vehicle has headrests, you can use a no-back booster seat. Use a high-back booster seat in cars with or without headrests. Target® is proud to work with the Washington State Booster Seat Coalition to offer \$5 off any booster seat from Cosco. Using a booster seat is a good idea. And it's the law in Washington.

For more information on booster seats, visit  
[www.boosterseat.org](http://www.boosterseat.org), or call 1-800-BUCK-L-UP.

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# APPENDIX A





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**[Printed Materials for  
Professionals]**

APPENDIX A

## Prescription Pad Forms for Healthcare

### Front

Prescription for Car Safety		
Name _____	Height _____	Weight _____
<b>Recommendations:</b>		
____ Up to at least 20 lbs.	Up to at least 1 year old	Rear-facing Seat (infant or convertible)
____ 20 to 30 lbs.	Less than 1 year old	Rear-facing Seat (convertible)
____ 20 to 40 lbs.	Over 1 year old	Forward-facing seat with harness
____ Over 40 lbs. & under 4 ft. 9 in. tall.		Booster Seat with lap and shoulder seat belt
____ At, or over 4 ft. 9 in. tall (generally about 80 lbs and at least 8 years old).		Lap and Shoulder Seat Belt (Never put the shoulder belt behind the back or under the arm)
<b>NOTES:</b> <ul style="list-style-type: none"> <li>Always follow the instructions that come with the child safety seat or booster seat.</li> <li>Always use both the lap and shoulder belt with your booster seat.</li> <li>Some booster seats come with a harness for children weighing between 30 to 40 lbs. Remove the harness when your child outgrows it, or reaches 40 lbs.</li> <li>The back seat is the safest place for all children to ride.</li> </ul>		
For more information: Visit <a href="http://www.boosterseat.org">www.boosterseat.org</a> or call 1-800-BUCK-L-UP.		
 HARBORVIEW MEDICAL CENTER INJURY PREVENTION AND RESEARCH CENTER	 Children's Hospital & Regional Medical Center Seattle, Washington	 WASC WASHINGTON TRAFFIC SAFETY COUNCIL

### Back

To see if the seat belt will fit your child, try the following test.\*

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the lap belt fit snugly across the top of the thighs?
4. Does the shoulder belt come across the center of the shoulder and chest?
5. Can the child sit like this for the whole trip?

If you answer "no" to any of these questions, your child needs to ride in a booster seat.

\*Used with permission from SafetyBeltSafe U.S.A.

#### Types of Boosters



**No-back booster**  
for cars with built-in headrests



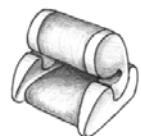
**High-back booster**  
for cars with or without headrests



**High-back booster with harness** (use as a car seat with harness until 40 lbs. then remove and use as a booster seat with lap and shoulder belt)

#### Shield booster

Using the shield portion of this booster is no longer recommended




5/03

## Prescription Pad Forms for Healthcare - Spanish

### Front


Receta para Seguridad del Niño		
Nombre _____	Altura _____	Peso _____
<b>Recomendaciones:</b>		
____ Hasta por lo menos 20 libras	Por lo menos 1 año de edad	Asiento infantil orientado hacia atrás
____ 20 á 30 libras	Menos de 1 año de edad	Asiento infantil orientado hacia atrás
____ 20 á 40 libras	Mas de 1 año de edad	Asiento orientado hacia adelante, con arnés
____ Sobre 40 libras & menos de 4' 9" de alto		Asiento Elevado con cinturón de regazo y hombro
____ A 4' 9" de altura o más alto (generalmente como 80 libras y por lo menos 8 años de edad).		Cinturón de regazo y hombro (Nunca ponga el cinturón detrás de la espalda o debajo del brazo.)




**NOTAS:**

- Siga siempre las instrucciones que vinieron con su asiento de seguridad o asiento elevado.
- Siempre use ambos el cinturón de regazo y hombro con su asiento elevado.
- Algunos asientos elevados vienen con un arnés para niños que pesan entre 30 y 40 libras. Remueva el arnés cuando su niño crezca, o alcance 40 libras.
- El asiento de atrás es el lugar más seguro para los niños pasajeros.


Para más información:  
Visite nuestro sitio web: [www.boosterseat.org](http://www.boosterseat.org) o llame 1-800-BUCK-L-UP.




**Harborview Medical Center**  
INJURY PREVENTION AND RESEARCH CENTER



**Children's**  
Hospital & Regional Medical Center  
Seattle, Washington



**WASHINGTON TRAFFIC WISC SAFETY COMMISSION**



Seattle Department of Public Health

### Back

Para ver si el cinturón de seguridad le cabe a su niño, trate esta prueba.\*

1. ¿El niño hasta se acomoda hasta atrás en el asiento del auto?
2. ¿Las rodillas del niño se doblan cómodamente en el borde del asiento del auto?
3. ¿La correa cabe cómodamente a través de la tapa de los muslos?
4. ¿La correa del hombro viene a través del centro del hombro y pecho?
5. ¿Puede el niño sentarse con esta para el viaje entero?

Sí contestó "no" a cualquier de estas preguntas, su niño necesita viajar en un asiento elevado.

\*Usado con permiso del SafetyBelt Safe U.S.A.

#### Tipos de Asientos Elevados



##### Asiento sin respaldo

Para autos con apoyo para la cabeza incorporados



##### Asiento con respaldo alto

Para autos con o sin apoyo para la cabeza

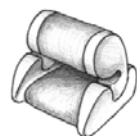


##### Asiento orientado hacia adelante, con arnés

(use como un asiento de auto, con arnés hasta 40 libras, entonces remuev y use como asiento elevado con cinturón del estilo hombro y regazo)

##### Asiento elevado con protector

Ya no se recomienda usar la parte del protector.



## Child Passenger Safety Reference Card for Public Safety Officers



	1990	1991	1992
<b>WAGE</b>	100.00 = 1990 100.00 = 1990 100.00 = 1990	100.00 = 1990 100.00 = 1990 100.00 = 1990	100.00 = 1990 100.00 = 1990 100.00 = 1990
<b>WAGE</b>	100.00 = 1990 100.00 = 1990 100.00 = 1990	100.00 = 1990 100.00 = 1990 100.00 = 1990	100.00 = 1990 100.00 = 1990 100.00 = 1990
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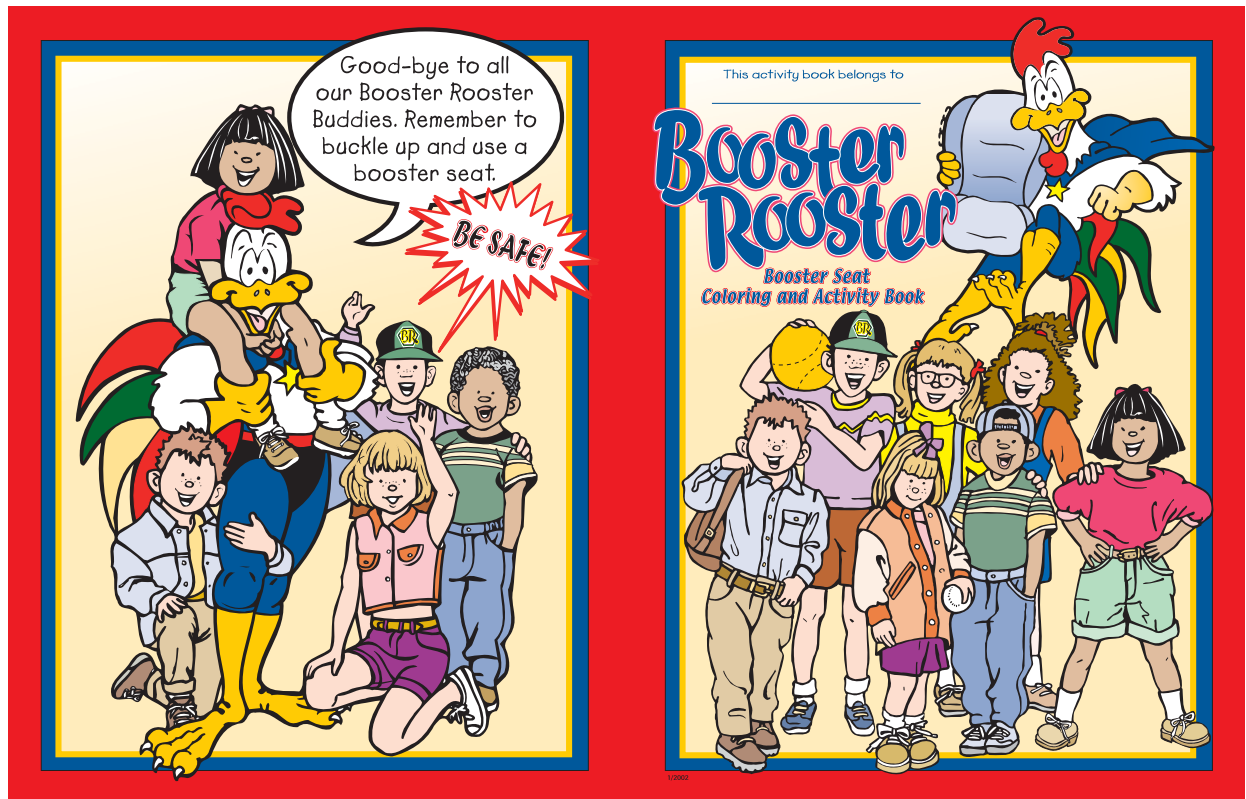
**[Kid-Centered Educational  
Materials]**

APPENDIX A

## Growth Charts

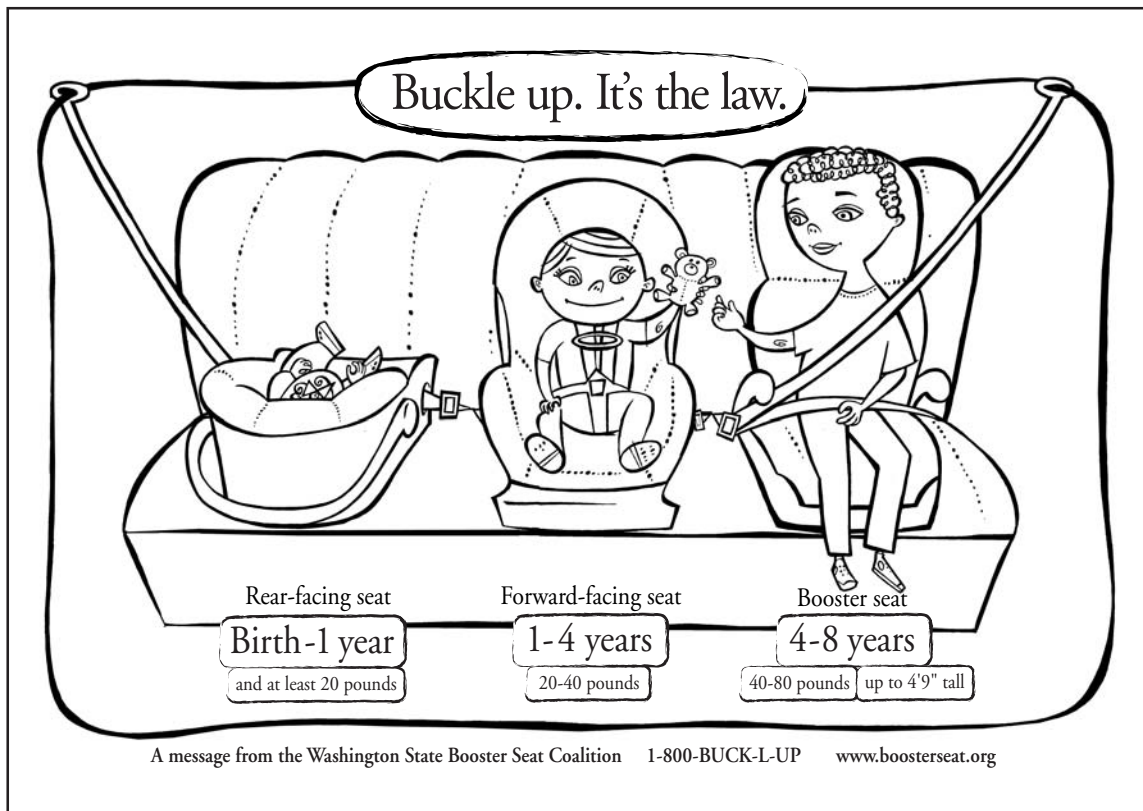


## Activity Books



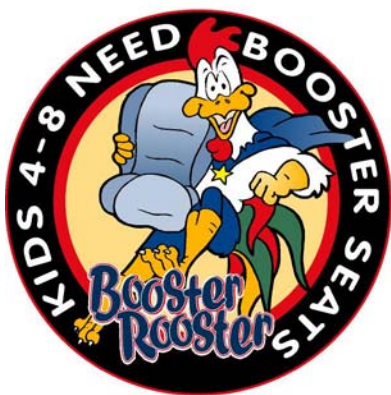


## Coloring Sheets



## Bookmarks

### Stickers



Back- Black Only



Front- CMYK



# Booster Seat Word Search

Did you know that booster seats are for big kids?

Did you know that it's the law to use a booster seat?

Booster seats help the lap and shoulder belt fit right.

They help you stay safe and protect you in the car.

And they help you get a good view out the window.

Children need to ride in a booster seat until they are at least 4 feet, 9 inches tall, about 80 pounds and 8 years old.



Can you find these words? Words may be up, down, backwards, or diagonal.

Big Kids

Car

Good View

Law

Seat Belt

Booster Seat

Fit

Lap

Safe

**Bonus Words:** Protect

Shoulder

To learn more about booster seats, visit [www.boosterseat.org](http://www.boosterseat.org) or call 1-800-BUCK-L-UP.

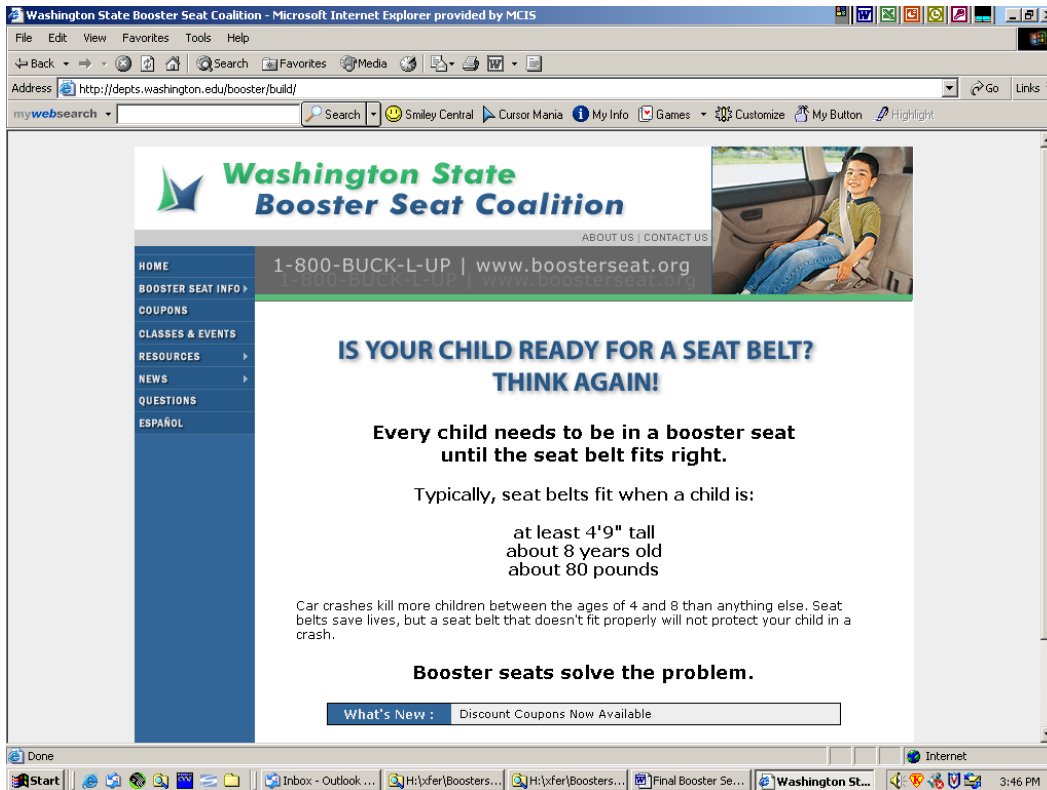
# APPENDIX A

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**[Electronic Media for Parents]**

APPENDIX A

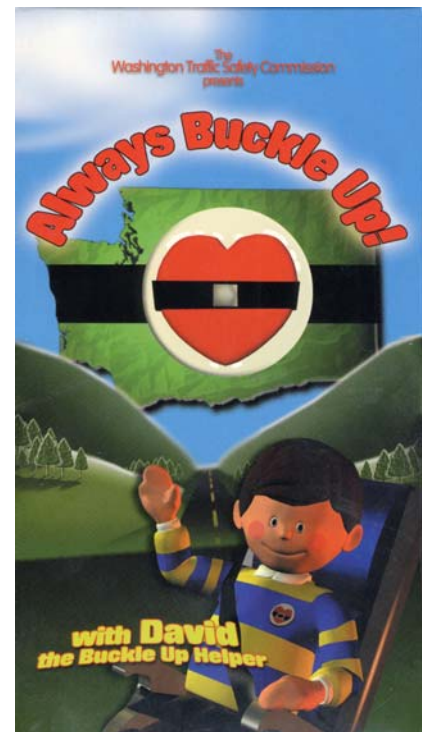
## Web site



## Booster Seats: How They Work, Why They Are Needed Video



## Always Buckle Up! Video



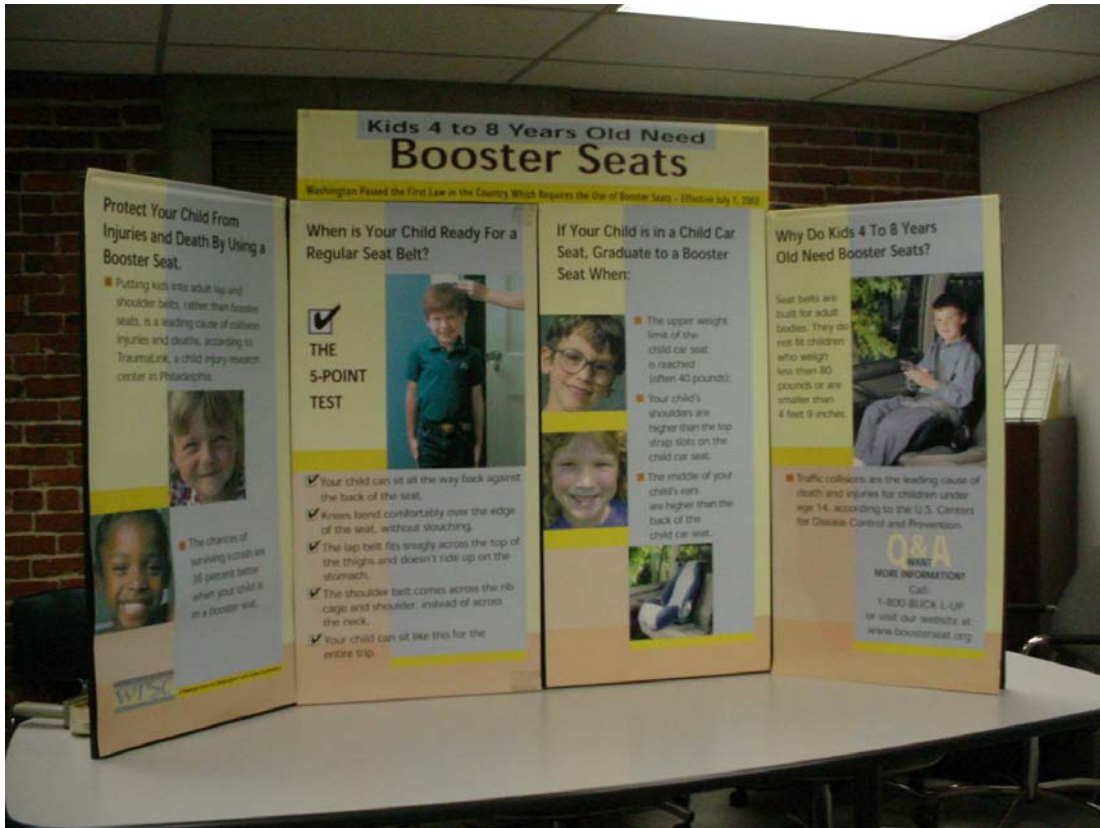
# APPENDIX A

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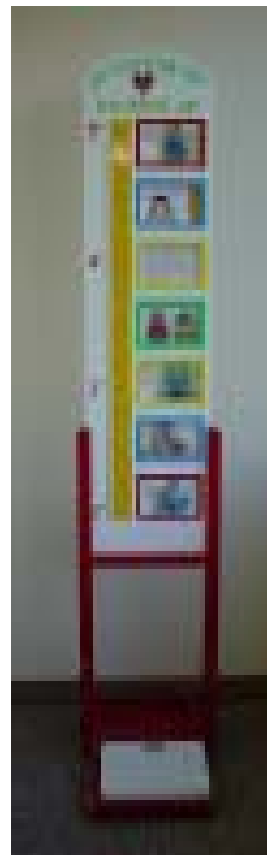
**[Educational Materials for  
Outreach Events]**

APPENDIX A

## Table Display





## Height/Weight Measuring Scale





## Prescription Pad Forms

### Front

Prescription for Car Safety		
Name _____	Height _____	Weight _____
<b>Recommendations:</b>		
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___ 20 to 30 lbs.	Less than 1 year old	Rear-facing Seat (convertible)
___ 20 to 40 lbs.	Over 1 year old	Forward-facing seat with harness
___ Over 40 lbs. & under 4 ft. 9 in. tall.		Booster Seat with lap and shoulder seat belt
___ At, or over 4 ft. 9 in. tall (generally about 80 lbs and at least 8 years old).		Lap and Shoulder Seat Belt (Never put the shoulder belt behind the back or under the arm)
<b>NOTES:</b> <ul style="list-style-type: none"> <li>Always follow the instructions that come with the child safety seat or booster seat.</li> <li>Always use both the lap and shoulder belt with your booster seat.</li> <li>Some booster seats come with a harness for children weighing between 30 to 40 lbs. Remove the harness when your child outgrows it, or reaches 40 lbs.</li> <li>The back seat is the safest place for all children to ride.</li> </ul>		
For more information: Visit <a href="http://www.boosterseat.org">www.boosterseat.org</a> or call 1-800-BUCK-L-UP.		
		

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If you answer "no" to any of these questions, your child needs to ride in a booster seat.

\*Used with permission from SafetyBeltSafe U.S.A.


#### Types of Boosters




**No-back booster**  
for cars with built-in headrests



**High-back booster**  
for cars with or without headrests



**High-back booster with harness** (use as a car seat with harness until 40 lbs. then remove and use as a booster seat with lap and shoulder belt)



**Shield booster**  
Using the shield portion of this booster is no longer recommended

5/03



**Demonstration Vehicle Seat**

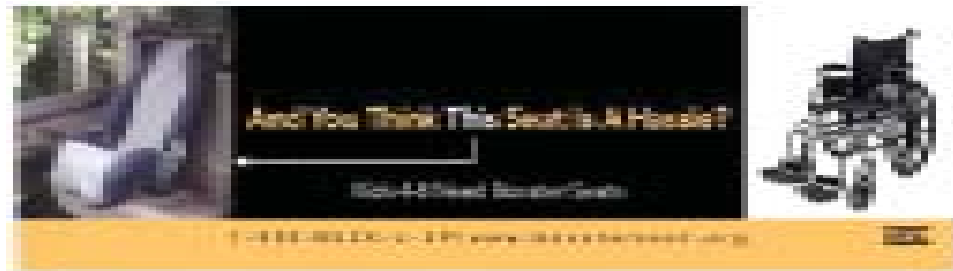
# APPENDIX A

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**[Mass Media Materials]**

APPENDIX A

## If You Think This Seat is a Hassle...



## It's Easier to Put Your Child in This... Than This



## Is Your Child Ready for a Seat Belt? Think Again! Booster Seats Required By Law



Is your child ready for a seat belt? Think again!

**Booster Seats Required By Law**

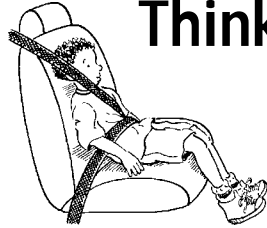
Kids 4-6 years or 40-60 pounds

[www.boosterseat.org](http://www.boosterseat.org)



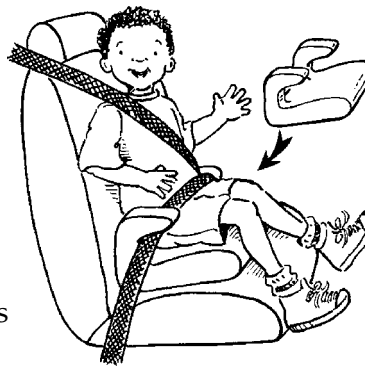
## Is Your Child Ready for a Seat Belt? Think Again!

### Is Your Child Ready for a Seat Belt? Think Again!



WRONG FIT

- Use a booster seat until your child is at least 4 feet, 9 inches tall, about 80 pounds or 8 years old.



RIGHT FIT

- A new law in Washington State requires booster seats.
- Always use both the lap and shoulder belt with a booster seat.

For more information or a discount coupon, visit [www.boosterseat.org](http://www.boosterseat.org) or call 1-800-BUCK-L-UP.

**Children's**

Hospital & Regional Medical Center  
Seattle, Washington

# New Child Car Seat Laws Coming

## Effective July 1, 2002



Babies **MUST** ride rear-facing until one year of age or 20 pounds.



Children 1-4 years or 20-40 pounds must ride in forward-facing car seats.



Children 4-6 years or 40-60 pounds **MUST** ride in a booster seat.



*Not in the law, but recommended by safety experts – Kids up to age eight or 4 ft. 9 inches should ride in a booster seat.*



**Tickets cost \$86.00 for each unbuckled child.**

# CAR BOOSTER SEATS SAVE LIVES

**For more information,  
call 1-800-BUCK-L-UP • [www.boosterseat.org](http://www.boosterseat.org)**

A message from the Washington Traffic Safety Commission



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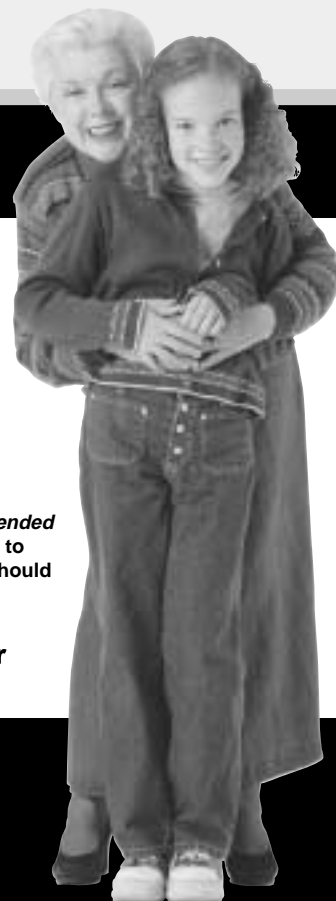
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A message from the Washington Traffic Safety Commission





**Children's Hospital radio spot -- Produced by KOMO Radio (6/21/02)**

*Announcer:* You and your child's health is brought to you by Children's Hospital & Regional Medical Center.

*Pat Cashman:* This is Pat Cashman with a word about child safety in cars. I can tell you car crashes are the leading cause of death and injury among children and there's no question a number of those deaths could have been prevented with the proper use of booster seats.

*Pat:* For all of the facts, I'm joined by Dr. Beth Ebel, a pediatrician from Children's Hospital.

*Beth Ebel:* Thanks, Pat. We recommend that kids ride in booster seats until the lap and shoulder belt fits properly. That's when children are about 4 feet, 9 inches tall.

*Pat:* You must be this tall to wear this belt.

*Beth:* In fact, it's a law that kids use a booster seat, if they're between the ages of 4 and 6 years or between 40 and 60 pounds.

*Pat:* Describe how the booster seat works.

*Beth:* The booster seat puts the lap and shoulder belt in your car into a safe position across your child's lap and chest. It prevents the belt from riding up on the belly and prevents injuries to the organs. It also keeps the shoulder belt off the neck to prevent spine injuries.

*Pat:* Dr Ebel, do you think I would fit in booster seat?

*Beth:* No Pat, they're just for kids.

*Anncr:* For a \$10 discount booster seat coupon, visit [www.boosterseat.org](http://www.boosterseat.org), that's booster seat.org.

# KOMO Commercial Production

CLIENT	TITLE
WRITER	LENGTH
DW Clark	:30
DATE	ADDRESS
3/19/04	

VIDEO	AUDIO
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Trooper next to his cruiser and van

HI, I'M TROOPER \_\_\_\_\_ OF THE WASHINGTON STATE PATROL, DID YOU KNOW WASHINGTON STATE'S CAR SEAT LAW IS CHANGING?

Kids in van buckling in

AS OF JULY 1, 2002, CHILDREN UP TO 6 YEARS OR 60 POUNDS ARE REQUIRED TO RIDE IN A BOOSTER SEAT.

Height/weight chart

SAFETY EXPERTS RECOMMEND THAT CHILDREN RIDE IN A BOOSTER UNTIL THEY'RE 4'9 OR 8 YEARS OF AGE. MARY BRIDGE CHILDREN'S HOSPITAL AND HEALTH CENTER CAN HELP YOU CHOOSE THE SAFEST SEAT FOR YOUR CHILD.

Trooper by open door of van

FOR MORE INFORMATION ON BOOSTER SEATS, CALL (253) 403-KIDS.

Logo, phone # and other info

A MESSAGE FROM MARY BRIDGE CHILDREN'S HOSPITAL AND HEALTH CENTER. FOR KIDS' SAKE.

**It's Easier to Put Your Child in  
This... Than This**



# Your Opinions Are Wanted!

for a  
**Parent Focus Group Study**  
on

## **Car Safety for Children and Barriers to Booster Seat Use**

Dr. Ebel from the University of Washington Department of Pediatrics and Harborview Injury Prevention and Research Center is looking for volunteers to take part in a focus group study about car safety for children. A women-only group and a men-only group will explore the experiences they have had with booster seat and seat belt use and their 4 to 8 year-old children.

**Each participant will receive \$30.00 in cash and one \$5.00 coupon towards the purchase of a booster seat for their child.** Refreshments will be provided! Come join us and share your opinions about the problems with car safety restraints and your child!

### **We are looking for men and women who:**

- \*are over the age of 18**
- \*are the parent or primary caregiver of at least one child between the ages of 4 and 8 years old**
- \*own and drive a car**
- \*speak fluent English**
- \*are available to meet on Wednesday, November 5<sup>th</sup> (women's group), or (date to be determined for men's group), from 6:00 to 8:00 PM at the Columbia Health Center (4400 -37<sup>th</sup> Avenue South, Seattle, WA 98118)**
- \*only one parent or caregiver per family may participate**



**If you match the criteria above, please call our Study Coordinator.** She will tell you more about the study and will ask you some questions to be sure you qualify for participation. She will be happy to answer any questions you have!

# APPENDIX B

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## RESOURCES FOR MORE INFORMATION

**National Highway Traffic Safety Administration**

<http://www.nhtsa.dot.gov/>

**National SAFE KIDS Coalition**

<http://www.safekids.org/>

**American Academy of Pediatrics**

<http://www.aap.org/>

**Safe Ride News**

<http://www.saferidenews.com/html/indexhome.html>

**Safety Belt Safe, USA**

<http://www.carseat.org/>

**Partners for Passenger Safety/Children's Hospital of Philadelphia**

<http://www.chop.edu/consumer/jsp/division/generic.jsp?id=76207>

**Injury Free Coalition for Kids**

<http://www.injuryfree.org/>

**National Latino Children's Institute**

<http://www.nlci.org/>

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<http://depts.washington.edu/hiprc/about/people.html>]

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