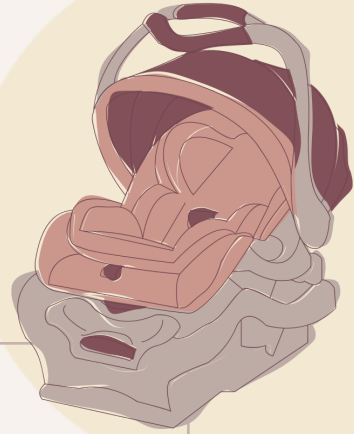


the baby

car seat information

It is important to find the right car seat for your child and to install it correctly. **Some hospitals require that you have your car seat ready and properly installed before you are able to go home.** We recommend that you purchase, install, and have your car seat inspected in the weeks before your due date.



Need help paying for a car seat?

There are resources to help you get a car seat at little to no cost. If you need help locating those resources, please reach out to us. We are more than happy to help.

Car seat safety

You are traveling with precious cargo. Please ensure everyone's safety by following these tips:

- **Keep your baby rear facing as long as possible!** The American Academy of Pediatrics and the National Highway Traffic Safety Administration both recommend that children remain in a rear facing car seat for as long as possible.
- All children under the age of 13 should travel in the back seat. This is the safest place for them.
- Ensure that there are no loose objects that could hit your baby in the event of a crash (mugs, older children's toys, groceries etc).
- Remove bulky coats before securing your baby in their seat. After securing your baby, you can use a blanket or car seat safe bunting to keep the baby warm.
- Get your car seat inspected. More details can be found on the next page.
- Wear your seatbelt and make sure everyone else is wearing theirs too.

NEVER LEAVE YOUR BABY UNATTENDED IN YOUR CAR!

NOT EVEN FOR A MINUTE.

Sadly, babies and toddlers die every year from being left unattended in cars. If you have to leave your car, take your child with you.

Where to get your car seat inspected

Hospitals, fire houses, and other governmental offices periodically offer free car seat inspection by certified car seat technicians. For local events and inspection locations, please reach out to us. We are more than happy to help you find a location near you.

National Highway Traffic Safety Administration

Certified technicians will inspect your car seat free of charge, in most cases, and show you how to correctly install and use it. Some locations now offer virtual inspections. Visit <https://quilted.link/NHTSA> for more information.

Car seat classes

Local firehouses and hospitals often offer car seat classes for parents and caretakers. Many of these classes are virtual. For more information, simply search for “car seat classes” or ask us for suggestions for classes in your area.

Register your car seat

Don't forget to register your car seat! This ensures that if there is a problem with the car seat, you will be notified.

W.H.A.L.E. car seat occupant program

W.H.A.L.E. stands for “We Have A Little Emergency.” It is a program that offers parents a kit to place medical information and emergency contact numbers onto the back of the carseat. The kit also contains a window sticker to help emergency personnel find this information. If you are interested, talk to your midwife about obtaining one of these free kits.