



NATIONAL
**CHILD PASSENGER
SAFETY BOARD**

A program managed by the National Safety Council

rear facing • forward facing • booster seat • seat belts

February 2016 Instructor Update:

This was sent to all Instructors and Instructor Candidates on February 15, 2016. If you did not receive please check your spam folders and make sure your email address is current in your online Safe Kids certification profile. Thank you!

From day one, we have been taught that as CPS technicians, we are educators and not car seat installers. So when we tell parents that cribs are for sleeping and car seats are for traveling, do we know the reasons why? We should always think beyond “its common sense.”

So what do we know?

- Sleep-related deaths are the most common cause of death for infants 1-12 months of age.
- Many parents use sitting or carrying devices such as car seats, swings or bouncers, as alternative sleeping environments which could lead to potential injury or death.
- Car seats and other sitting devices are not recommended for routine sleep. Many parents use sitting or carrying devices for infants to sleep in, not realizing there are hazards when they do this.
- A car seat is designed to protect a child during travel. It is not for use as a replacement crib in the home.
- A 2009 study showed that sitting upright in a car seat might compress a newborn’s chest and lead to lower levels of oxygen. Strangulation from straps accounted for 52% of the car seat deaths that were reviewed by researchers from the cases reported to the Consumer Products Safety Commission. The remainder of the deaths occurred in swings, bouncers and strollers.
- Infant inserts are now available from the manufacturer for many rear-facing car seats to keep a baby’s head in a more upright position in a car seat. The latest research shows that the inserts does reduce breathing risks for babies who were an average 8 days old. However, the study found that inserts do not eliminate the risks of oxygen deficiency when a baby is sleeping in a car seat for long periods of time.
- The American Academy of Pediatrics (AAP) recommends that infants sleep on their back on a firm mattress, without loose bedding.

Source: American Academy of Pediatrics at www.aap.org, Public Release from Elsevier Health Sciences. April 2015 www.elsevierhealth.com<<http://www.elsevierhealth.com>

Thank you for all that you do to keep children safe in and around vehicles!

National Child Passenger Safety Board

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