What should you, as a caregiver, expect from a Child Passenger Safety Technician?

Meeting with a Child Passenger Safety (CPS) Technician for a car seat check is an interactive, educational process. The CPS Technician should take all the time necessary to ensure that you feel competent and confident in your car seat choice, installing the car seat into the vehicle and buckling your child into the car seat on your own. This one-on-one education typically takes 30-60 minutes, depending on the car seat and the vehicle.

Here are some tips to help you prepare for time with a CPS Technician:

- For expectant caregivers, schedule an appointment 4 to 6 weeks prior to the baby’s due date. Many CPS Technicians and their agencies recommend appointments several weeks in advance.
- Know your child’s current weight and height.
- Using the car seat instruction manual and the vehicle owner’s manual, try to install the car seat into your vehicle prior to your appointment.
  - Tip! Check the index of your vehicle owner’s manual for “child safety seats”.
- Be sure to bring the car seat instruction manual AND the vehicle owner’s manual with you to your appointment.
- If possible, bring your child with you as well as another caregiver to help while you are learning.
- Be prepared to learn. The CPS Technician is trained to educate you to install and use your car seat properly in your vehicle.

Card your Tech! Ask to see proof of his or her current certification.

During the car seat check, the CPS Technician should:

- Fill out a car seat check form to document the process (including car seat type, location in vehicle, misuse observations, etc.). The form may be electronic or on paper.
- Review car seat selection appropriate for your child’s age, weight and height as well as review factors affecting proper use.
- Review the car seat instruction manual and the vehicle owner’s manual to ensure that both are being followed correctly.
- Ensure that an appropriate seating position in the vehicle is being used.
- Check the car seat for recalls, visible damage and an expiration date.
- Guide your installation of the car seat. You are encouraged to ask to learn how to install the car seat in different seating positions with different installation techniques.
- Discuss the next steps for your child, such as when to move to the next type of car seat.
- Discuss your state laws and best practice recommendations for occupant safety.
- Discuss the benefits of everyone riding properly restrained, including all adults.
- Discuss safety in and around the vehicle.

After the check up, ensure you can say yes to ALL of these questions:

- Did you perform the installation?
- Do you feel confident about installing and using the car seat correctly?
- Were your questions answered? If not, were you given direction as to who you should contact or will the CPS Technician follow up with you?