

# Give Them a Boost While They Grow: Boosters Are for Big Kids!



## Is your big kid ready for just a seat belt?

It is recommended that children remain in a booster seat until the seat belt fits properly and they are at least 4 feet, 9 inches tall. This height may not be reached until a child is nearly 12 years old. It is important to keep in mind that kids come in all sizes. Therefore, your child's size is more important than their age when deciding on the safest restraint.



**Children's Hospital**  
*of The King's Daughters*

**A booster raises your big kid so the seat belt fits properly.** It should rest over the strong, bony parts of their body, instead of their stomach and neck. Using a booster seat reduces the risk for serious injury by 45 percent, when compared with only wearing a seat belt.

### **Does your child pass the safety belt fit test?**

Perform this test with your child sitting flat, with their back against the vehicle seat. If you answer “no” to **any** question, your big kid is **NOT** ready to come out of a booster seat:

1. Does the shoulder strap rest on the shoulder (not against the neck) and cross the center of the chest?
2. Does the lap belt fit low on the hips, touching the upper thighs (not the stomach)?
3. When sitting all the way back, does your big kid’s knees bend comfortably at the edge of the seat, and feet rest flat on the floor?
4. Does your child remain seated properly in the seat belt for the whole trip?

**Watch a demonstration of the seat belt fit test at:**

[www.boosterseats4safety.org](http://www.boosterseats4safety.org)

### **When can big kids ride in front?**

For the best protection, riding in the back seat is always safer than riding in the front seat. **Big kids should always ride in the back seat until age 13.**

Find additional information and assistance in your area by checking out [CHKD.org/carseats](http://CHKD.org/carseats) or calling (757) 668-8655.

**Your child’s pediatrician should be your primary source of advice about your child’s health.**



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (757) 668-8246

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