

# Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

## KEEPING CHILDREN HAPPY IN CHILD SAFETY SEATS & SEAT BELTS

Below are eight tips on how to keep children happy in the safety seats and safety belts. If you still experience difficulties keeping your child buckled up after trying these tips, check out our *Buckle Up 4 Love* webpage or call us at 801.746.SAFE (7233) for more information.

- 1. Start Early:** If children are accustomed to always riding in a child safety seat or safety belt, they will be easier to keep there.
- 2. Be Consistent:** Always buckle up your child. Crashes happen anywhere and at any time. In addition, if a child has even one chance of being out, they are more likely to fight being buckled up later.
- 3. Use Encouraging Words:** As an infant becomes a toddler and starts using language, explain to the child simply that they must ride in a child safety seat to keep them safe in the car. Be comforting and loving so that the child realizes you are buckling them up because you care.
- 4. Set an Example:** This is extremely important. A child won't buckle up if their parent or caregiver does not. Be an example and be consistent so that children aren't confused.
- 5. Use a Travel Bag:** One of the most common reasons children try to unbuckle themselves is boredom. Have special toys and games that the child can only play with in the car.
- 6. Let Them See Out:** Choose a seat that is high enough for your child to see out the window. Children will often enjoy riding in a car if they can see out.
- 7. Be Firm:** Regardless of the struggle, crying and temper tantrums a child throws, it is still their safety on the line. Almost every child will go through a period where they resist buckling up. If you have to, stop the car, re-buckle the child if they have gotten out and be firm. Repeat as often as the child gets out. The few extra minutes may save the child's life and teach her that you are in control.
- 8. Be Comforting:** Talk to your child, hum, sing or play games. Remember to praise the child when he or she stays buckled up and stays safe in the car. Make special efforts on trips to ensure that the child is comfortable; this will help keep them happier in their seat.

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