

[IMAGE]

Give Your Child a Safety Boost

You always use a booster seat when your child's in your car, right? Maybe not. OK, what about when they're in someone else's vehicle? According to a recent study published in *Pediatrics*, the research journal of the American Academy of Pediatrics, many parents of young children don't ensure their child is appropriately protected when they're not in the family car – and in fact, not enough use boosters even when they and their child *are* in their own car.

According to the study, which surveyed 681 U.S. parents of 4- to 8-year-old children, only about 75 percent of parents said they used a safety seat for their own child in their own car. What's worse, 21 percent of parents who said they used a seat in their own car said they did not always ask another driver to put their child in a car seat when carpooling. In fact, only around half said they would make sure their child was in a booster seat when driving with friends whose own children weren't using the seats.

It only takes one accident for you to realize the real-world importance of car seat / booster seat protection; unfortunately, by then it can be too late. Even low-velocity impacts can put your child at risk if they are wearing a seat belt that doesn't fit them properly because they aren't sitting in a booster seat. (Just ask your chiropractor about the potential damage even a relatively minor collision can do to a young child's spine, neck and other delicate structures.)

To ensure your child's safety, review the child safety guidelines on the National Highway Traffic Safety Administration Web site at www.nhtsa.gov/Safety/CPS and always follow them, whether your child is in the car with you or someone else. It's that important.

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