

Car Seat Recommendations for Children

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.



AGE



Birth – 12 months

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.



1 – 3 years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.



4 – 7 years

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.



8 – 12 years

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

DESCRIPTION (RESTRAINT TYPE)



A REAR-FACING CAR SEAT is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.



A FORWARD-FACING CAR SEAT has a harness and tether that limits your child's forward movement during a crash.



A BOOSTER SEAT positions the seat belt so that it fits properly over the stronger parts of your child's body.



A SEAT BELT should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

FREE CHILD SEAT INSPECTION FITTING STATIONS IN REGION C

(Assumption, Lafourche, St. Charles, St. James, St. John the Baptist, and Terrebonne)

Houma Police Department

500 Honduras Street
Houma, LA
Contact:
**Michael Toups/
Dawn Celestin**
985-873-6371 or
985-873-6716
By appointment only

ADAC

730 Belanger St
Houma, LA 70360
Contact: Jill Robichaux,
985-879-2273
M-F 9am - 5pm,
no appointment necessary

Lady of the Sea Hospital

200 West 134th Place
Cut Off, LA 70345
Contact: Brandy Picou
985-632-8373
830am-3pm, no appointment necessary

Louisiana State Police Troop C

4047 W. Park Ave
Gray, LA 70359
Contact: Troy Leonard
985-857-3680
24/7 no appointment necessary

Coteau Fire Protection District

2325 Coteau Road
Houma, LA 70364
Contact: Russell DiSalvo
985-868-4355
By appointment only

Independent Station

Patterson, LA
Contact: Lisa Hotard

985-518-4068
By appointment only



Lafourche Parish Sheriff's Office

Lafourche Parish, LA
Contact: W.F. McDowell
985-537-2508
By appointment

Thibodaux Police Department

1309 Canal Blvd.
Thibodaux, LA 70301
Contact: Allie Fauchaux or Lance Perle
985-446-5021
By appointment

Gramercy Police Department

111 E. Main Street
Gramercy, LA 70052
Contact: Jody Ordeneaux

225-869-4403
By appointment only

St. James Sheriff's Office

St. James Parish, LA
Contact: Dustin Poche/Anthony Joseph

225-562-2374
By appointment