Help protect your growing family

How to choose a baby car seat

As a parent, one of the most important choices you'll make is buying a car seat. In fact, by law, you will need a car seat correctly installed before your baby can go home with you. Don't worry. A car seat is the best way to protect your baby, and we're here to help you find the best one for your family.

What to look for in a car seat

With so many different types of car seats out there, you may find it hard to choose. Here are some things to consider as you pick the right one for your baby.

- Choose a car seat with a label that states it meets or exceeds Federal Motor Vehicle Safety Standard 213.
- Cost isn't everything. All car seats are tested to meet the same safety standards. More features don't always mean it's better or easier to use.
- Be sure that the car seat fits your child and car. Not all seats fit all cars. And a smaller baby can slip out of a seat that's too large.

- If you're given a used car seat, make sure it's safe:
  - Check for missing parts or manufacturer labels. These labels usually show the recommended expiration date and model number. These are important in case of a product recall.
  - Check for cracks or other signs of wear and tear. If it's in bad shape, don't use it.

Installing your car seat

Car seats are all designed a little different. It's important that you know the correct way to install your baby's car seat. If done wrong, it puts your baby in danger. Carefully follow the instructions that come with the car seat. If you don't have the instructions, visit the company's website. They should have instructions online, and maybe even a video to watch. Still having trouble? Most local police stations can also help make sure your car seat is installed correctly.

Questions? We're here to help

Call toll-free **1-866-270-5785,** TTY **711,** 7 a.m.–7 p.m., Monday–Friday.
myuhc.com/CommunityPlan

United
Healthcare
Community Plan