



# It's Booster Seat Time!



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The law requires booster seats for children who have outgrown a child car seat but are too small to use seatbelt alone.

A child can start using a seatbelt alone once any one of the following criteria is met:

- child turns eight years old
- child weighs 36 kg (80 lbs.)
- child is 145 cm (4 feet 9 inches) tall.

A lap and shoulder combination belt must be used with all booster seats. Your child's head must be supported by the top of the booster, vehicle seat or headrest. The shoulder strap must lie across the child's shoulder (not the neck or face) and middle of the chest, and the lap belt must cross low over the hips (not the stomach/abdomen). Never use seatbelt adjusters.

## For Those in the County of Stormont, Dundas Glengarry (in Ontario, Canada)

Contact the Eastern Ontario Health Unit at 613-933-1375 or at 1 800 267-7120 and ask for the Health Line, or visit [www.eohu.ca](http://www.eohu.ca).

## About this Article

Written by the experts at the Eastern Ontario Health Unit, Cornwall, Ontario, [www.eohu.ca](http://www.eohu.ca).

## Disclaimer

Information in this fact sheet may or may not apply to your child. Your health care provider is the best source of information about your child's health.

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