

Don't Forget...

Regular Health Check-ups are important for your child!

The American Academy of Pediatrics recommends preventive health screens for children and adolescents. This means regular appointments to see the doctor *even though they aren't sick!*

Your children should receive regular check-ups from their physician at the ages listed below. During these exams children will receive a physical exam, hearing and vision screens, lab tests, immunizations (if appropriate) and other services that help make sure your child stays healthy.

Recommended Ages for Check-Ups

These appointments need to be scheduled with your child's primary care physician in advance.

Newborn

3 - 5 days;
By one month

Infancy

2 months;
4 months;
6 months;
9 months;
12 months;
15 months

Early and Middle Childhood

18 months;
24 months;
30 months;
And every year between ages 3 and 10

Adolescents

Every year between ages 11 and 21

Need Help?

Assistance is available through a car seat checkpoint at any of the locations listed below:

Chattanooga: SAFE KIDS Chattanooga (423) 778-6691

Knoxville: SAFE KIDS Coalition of the Greater Knox Area (865) 541-8622

Memphis: SAFE KIDS Tennessee (901) 287-6730

Nashville: SAFE KIDS Cumberland Valley (615) 936-1869

Statewide:

Local health and police departments or car dealerships

On-line resources:

www.nhtsa.gov (click on driving safety)

www.healthychildren.org (go to safety and prevention)

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Tennessee Chapter

TENNder CARE
Check In ✓ Check Up ✓ Check Back ✓
TENNESSEE'S EPSDT PROGRAM

P.O. BOX 159201 NASHVILLE, TN 37215 615.383.6004 TNAAR.ORG

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Save Your Children...



Use Proper Restraints! Besides, It's the Law.

Parent's Guide to Child Restraint Safety and the Tennessee Child Passenger Safety Law

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Tennessee Chapter

Tennessee Child Passenger Safety Law

(TCA 55-9-602) Summary – Effective July 1, 2005

Child's Age/Size	Seat Type	Seat Location
Infants Less than 1 year old, or any child, 20 lbs. or less	Rear-facing*	Rear seat**
Toddlers 1 year to 3 years old and greater than 20 lbs.	Forward-facing* (See important note below)	Rear seat**
Young Children 4 years to 8 years old and less than 4'9" tall	Booster Seat*	Rear seat**
Older Children 9 years to 12 years old and 4'9" or taller	Seat Belt System	Rear seat recommended
Adolescents 13 years to 17 years old and 4'9" or taller	Seat Belt System	Rear or forward

Note: While not incorporated into TN law as of this publication (December 2013), please note that the American Academy of Pediatrics (AAP) recently announced a new recommendation. **The AAP recommends that all infants and toddlers ride in a Rear-Facing Car Safety Seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer.** For more information please visit www.aap.org/healthtopics/carseatsafety.cfm

Special Needs

Children who cannot use a conventional child restraint must use a specially modified, professionally manufactured restraint system and must possess a copy of the physician's signed prescription that authorizes its use.

Additional Resources:

- Monroe Carell Jr. Children's Hospital at Vanderbilt (615-936-1869)
- National Center for the Safe Transportation of Children with Special Needs www.preventinjury.org

* Seat must meet Federal Motor Vehicle Safety Standards and be used according to child safety restraint system or vehicle manufacturer's instructions

** If available (any vehicle with a rear seat)

Car Seat Safety Check-Ups

Remember:

- Use a booster seat for children ages 4 - 8 and less than 4'9" tall.
- Use a high back booster if your car does not have headrests.
- Install car seats using vehicle seat belt or LATCH system.
- Refer to www.nhtsa.gov/people/injury/childps/childrestraints/reuse/restraintreuse.htm if a car seat has been in a car crash for guidance on continued use.
- Read the car seat instructions and vehicle owner's manuals.
- **Never** place a rear-facing seat in front of an active air bag (neck injury risk).
- **Never** place a child under 4'9" in front of an active air bag (neck injury risk). In the case of vehicles with no rear seats, push the seat as far back as it can be from the air bag.
- Check rear-facing seat for correct recline angle. See car seat instruction manual for angle specifications.
- **The back seat is always the safest place for a child.**

Each time the vehicle is driven, check for:

- Tightness of car seat. Car seat should not move more than 1" from side-to-side or front-to-back when tested at the belt path.
- Tightness of shoulder harness. You should not be able to pinch the harness together when properly installed.
- Position of the retainer/chest clip. Position the retainer clip across the child's chest at arm pit level.

When using a booster seat the shoulder belt should cross over the collar bone and chest (not the neck) and the lap belt should be below the waist or abdomen.

Did you know?

Motor vehicle crashes are the number one cause of death for children and adolescents ages 1 to 21?