

# Free Car Seat Workshop



## Seat Smart: Car Seat Safety Basics for Families

Studies show that 85 percent of infant and child seats are misused. That's why Saint Francis Hospital and the Tulsa Area SAFE KIDS Coalition offer a free monthly, 120-minute child safety seat workshop for expectant parents and their families. *Remember, parents, it is important to have your car seat bought and installed correctly by the 7<sup>th</sup> month of pregnancy.*

A NHTSA Certified Child Passenger Safety Technician Instructor will conduct the workshops. Topics covered include:

- ✓ Physical characteristics of infants/children
- ✓ Crash dynamics overview
- ✓ Types of car seats
- ✓ Weight & height limits
- ✓ Correct usage of seats
- ✓ Demonstration of proper installation
- ✓ Common misuse of safety seats
- ✓ When to graduate to the next seat
- ✓ *A list of local upcoming Car Seat Check-Ups*

**Dates – choose one:**

**Mondays: January 18, February 15, March 15, April 19, May 17, June 21, July 19, August 16, September 20, October 18, November 15, and December 20, 2010**

**7:00 – 9:00 p.m.  
Health Zone  
5353 E. 68<sup>th</sup> St.  
918-494-SAFE**

**Pre-registration required (class size limited)**