



MATERNAL CHILD HEALTH

Policy

Title:	Infant Car Seat Education	Number:	MC-SR-001
Sponsor:	Senior Director, Women's and Children's Health	Page:	1 of 6
Approved by:	Vice-President - Health Services, Quality and System Performance	Approval Date:	June 05, 2020
		Effective Date:	Sept. 10, 2020
Applies to:	Health Care Providers directly responsible for the discharge education for Caregivers of infants being discharged for the first time.		

POLICY STATEMENTS

Competency Requirements

1. Health Care Providers (HCP) must:

- 1.1. Be educated and knowledgeable about the correct use of a car seat for infants.
- 1.2. Obtain education on car seat safety from a certified Child Passenger Safety Technician.
 - 1.2.1. This may occur during orientation or when identified that a HCP has not had this training.
- 1.3. Participate in an in-person or Learning Management System (LMS) module on car seat education every two years.
- 1.4. Have access to patient education on car seat safety information, which is updated regularly.

Caregiver Education

2. HCP must:

- 2.1. Provide information and education to Caregivers on the safe use of a car seat for transporting their infant.
 - 2.1.1. This must be done prior to the infant being discharged for the first time.
 - 2.1.2. If the Caregiver does not have a car seat, a demo seat is used, where available, for education purposes.
- 2.2. Education must include the following content:
 - How to determine if a car seat is safe to use.

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- Proper harnessing techniques, including positioning the infant and ensuring the harness is properly adjusted.
 - Installation information including the direction of the car seat and ensuring the proper recline.
- 2.3. Review the Caregiver's understanding of the safe positioning of the infant in the car seat. This includes:
- Answering questions.
 - Reinforcing skills (see [Policy statement 2.2](#)) and emphasizing that they are applied every time the infant is placed in the car seat.
 - Ensuring Caregiver has successfully placed the infant in the car seat.
- 2.4. Provide the Caregiver with child passenger safety resources and advise where additional information and help on child passenger safety can be found. See [Appendix B: Resource List](#).
- 2.5. Direct the Caregiver to refer to their own car seat and vehicle manuals in order to get the most appropriate information related to installation of the car seat in their vehicle.
- 2.6. NOT accompany the Caregiver to a vehicle except in extenuating circumstances with manager's/delegate's approval.
- 2.7. Document the education provided to Caregivers in the infant's permanent health record.
3. The infant must **always** be placed in the car seat and buckled in by the infant's Caregiver (not an HCP).

GUIDING PRINCIPLES AND VALUES

1. It is the law in Nova Scotia that children travelling in motor vehicles are required to be secured in a child restraint system that is appropriate for their age, weight and height. Infants must be secured in a rear-facing seat that meets Canadian safety standards.
2. HCPs have a unique opportunity to reach Caregivers and provide education on the importance of using a car seat correctly.

REFERENCES

Legislative Acts/References

Motor Vehicle Act, Chapter 293 of the Revised Statutes, 1989 (2014, R.S., c. 293, s.1).
Retrieved from Nova Scotia Legislature website:
<http://nslegislature.ca/legc/statutes/motor%20vehicle.pdf>

Seat Belt and Child Restraint System Regulations, (Section 1 amended: O.I.C. 2008-439, N.S. Reg. 366/2008). <https://www.novascotia.ca/just/regulations/regs/mvseatb.htm>

Other

Bull, M. J., and Chappelow, M. L. (2014). AAP News, 35 (17). Retrieved from American Academy of Pediatrics website: <http://www.aappublications.org/content/35/7/17>

Canadian Pediatric Society. (2020). *Going Home: Facilitating discharge of the preterm infant*. Pediatric Child Health 2014;19(1):31-36: Retrieved from: <https://www.cps.ca/en/documents/position/facilitating-discharge-of-the-preterm-infant>

Lemyre, B., Jefferies, A.L., and O’Flaherty, P. (2018). Facilitating discharge from hospital of the healthy term infant. Paediatr Child Health 2018, 23(8):515–522 Retrieved from Canadian Pediatric Society website: <https://www.cps.ca/en/documents/position/facilitating-discharge-from-hospital-of-the-healthy-term-infant>

Transportation of infants and children in motor vehicles. (2008). *Paediatrics & child health*, 13(4), 313–327. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2529449/>

Yanchar, N. L. (2008). When treating is not enough: The roles of health care providers in prevention and control of childhood motor vehicle crash injuries. *Paediatrics & Child Health*, 13(4), 277–278. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2529447/>

Yanchar, N. L., Warda, L. J., & Fuselli, P. (2012). Child and youth injury prevention: A public health approach. *Paediatrics & Child Health*, 17(9), 511. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3496359/>

RELATED DOCUMENTS**Learning Module**

[Car Seat Education](#)

Brochures

Provided by Child Safety Link. (See [Appendix B](#) for contact information).

APPENDICES

[Appendix A](#) – Definitions

[Appendix B](#) – Resource List

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Appendix A: Definitions

Caregiver	The infant's parents or any adult participating in the discharge of the infant.
Child Passenger Safety Technician	An individual who has successfully completed the 14-16 hour Child Passenger Safety Technician course developed by the Child Passenger Safety Association of Canada whose certification has not expired.
Child Safety Link	A maritime wide child and youth injury prevention program based at the IWK Health Centre which create resources for families and staff and provide training to those responsible for education staff.
Health Care Providers	Includes Registered Nurses, Licensed Practical Nurses and Registered Midwives
Infant	A child who weighs less than 10 kg (22 pounds) OR is less than one year of age. Referenced in the Nova Scotia Motor Vehicle Act (Section 175)

Appendix B: Resource List

- All materials must be evidence-based, best practice oriented, and in adherence to the law.
- Child Safety Link will support the safe use of car seats by continuing to answer parent questions on our toll free helpline (Note: these calls are not always returned the same day).
- Child Safety Link will support health care providers and Certified Child Passenger Safety Technicians by providing up to date resources, training technicians, and answering questions related to child passenger safety.
- Reference materials for health care providers and Caregivers including postcards, fact sheets and videos will be available from Child Safety Link to support this training. These resources can be requested from childsafetylink@iwk.nshealth.ca or by calling 902-470-7036.

District Health Authority Policies Being Replaced

N/A

Version History

Major Revisions (e.g. Standard 4 year review)	Minor Revisions (e.g. spelling correction, wording changes, etc.)
New - June 5, 2020	