

Rear-facing Child Restraints

Both the American Academy of Pediatrics and the National Highway Traffic Safety Administration now recommend that children remain rear facing until they outgrow their restraint. This means that most children can remain rear-facing through age 2 years, based on average child sizes and the capacity of most rear-facing convertible restraint products on the market.



US crash data show that children aged 0–2 years are 5.53 times safer in a rear-facing restraint than in a forward-facing restraint in side impacts and 1.23 times safer in frontal impacts. These recent US data support Swedish data showing benefit for children rear-facing through age 4, with rear-facing restraints reducing AIS2+ injury by 90% compared with unrestrained children. Because earlier rear-facing child restraints did not accommodate larger children, older education materials may contain outdated information stating that children can begin using forward-facing restraints at age 1 or 20 lbs, **which is no longer considered a safe practice.**

Source: UMTRI University of Michigan