

It's Not Fine
'TIL THEY'RE 4'9"

Booster Seat
Awareness and
Education

**BOOSTER
SEAT**

instructor
guide

DRIVESAFESD.COM



What's it all About

It's Not Fine Til They're 4'9" is a community outreach awareness and education activity brought to you by South Dakota EMS for Children, Volunteers of America, Dakotas and the South Dakota Office of Highway Safety.

The information is for Day Care and Elementary School Teachers or those working with young children. The purpose is two-fold; first, to make the message simple so it is easily shared with students and parents. Second, to ignite a passion that will spark teachers to use their imagination in bringing the message to life. The lesson taught is that seat belts must fit the child properly and the booklet has a specific focus on booster seats. Best practice is that children be 4'9" before using just the vehicle seat belt.

Information to be Shared

There are four types of booster seats to choose from but the important thing to remember is that a **booster seats job is to position the seat belt so that it fits properly over the stronger parts of a child's body**. Height is the primary focus for safety. We have discovered that parents may not realize it is the fit of the seat belt not the age of the child that determines the type of seat/occupant restraint to use. Always follow manufacturer's instructions to secure the seat.



1. *Booster Seat with High Back*

This type of booster seat is designed to boost the child's height so the seat belt fits properly. It also provides neck and head support and is ideal for vehicles that don't have head rests or high seat backs.



2. *Backless Booster Seat*

A backless booster seat is designed to boost the child's height so the seat belt fits properly. It does not provide head and neck support. It is ideal for vehicles that have head rests.

3. *Combination Seat*

As a child grows, this seat transitions from a forward-facing seat with a harness into a booster.

4. *All-in-One Seat*

This seat can change from a rear-facing seat to a forward-facing seat (with a harness and tether) and to a booster seat as a child grows.

Children should remain in a forward-facing car seat with harness and tether until they reach the top height or weight limit set by the manufacturer and then **they will need to travel in a booster seat (in the back seat) until they are 4'9"**. Depending on growth rate, kids could be between age 8 and 12 before they are 4'9". Remember, proper fit of the seat belt is vital for the belt to do its job. A properly fitting seat belt will not cross over the neck or stomach; it must fit over the stronger parts of the body (shoulder and hip). **When the child is 4'9"** take this simple test before moving them from a booster seat to the vehicle seat belt alone.

1. Is the lower back against the vehicle seat
2. Do the knees bend at the edge of seat
3. Does the shoulder belt cross between shoulder and neck
4. Is the lap belt on the thighs/hip
5. Can the child ride like this for the entire trip

Getting Started

Host a 1-day booster seat safety activity (or an entire week of safety activities) each year for your children and their parents. Spring (before vacation travel) or fall (right when school starts) would be ideal timing.

Communicate the activity to your kids and their parents in advance (create excitement). Included in this booklet are activity ideas. You are free to make copies of anything in this booklet.

Be Creative and Have Fun With the Activities!

Coloring Activity

1. Introduce a coloring contest
 - a. Send the adult and child coloring page home as a 'homework' activity have them each color their own page together and bring it back the next day or so (it is best if you give them a time limit). You can then pick the 'winning pair' from all of the participants and the winning pair receive a big ribbon that the entire class made or any other prize you can think of. You could also hang the winning pictures in a fun frame that your class created with winners at the top and all other pictures below the winners (perhaps only the winners in a frame and the rest taped to the wall).

- b. You could do the same thing as listed above just as an activity instead of a contest and still create fun frames (perhaps everyone gets their picture in a frame).
 - c. You could have the children color the picture during the day and send an adult picture home for fun and if you have 100% participation the kids get a longer recess or extended play time or some other fun activity during the day.
2. Discussion before or during the coloring activity should include:
 - a. The back seat is the safest place for all children to ride.
 - b. Never place the shoulder belt behind their back or under their arm.
 - c. A booster seat ensures the car's safety belt fits them correctly to avoid serious injury in case of a crash.
 - d. Booster seats are not for babies – you must be 4'9" and be able to sit with your back against the vehicle seat with the lap belt on your upper thighs/lower hip, shoulder belt crossing the shoulder, legs bending at the knee at the edge of the vehicle seat for the entire trip before you are safe to wear just a seat belt.
 3. Create a fun picture frame for the contest/activity participants
 - a. Make a frame using popsicle sticks or twigs.
 - b. Put bright colored paper that is cut larger than the coloring page and placed behind it so that it looks like a picture frame.
 - c. Hang yarn or string across your room or wall and use colored paperclips or clothespins to hang the pictures.

PVC Pipe Activity

Set up the PVC pipe activity by placing a plastic elbow on each end of the 30" pipe and attaching a 53" pipe to each of the elbows (like a doorframe). Next, attach the plastic T pieces to the bottom of the 53" sides. Then, put a 12.5" pipe into both ends of the T pieces on each side (so the frame will stand). Finally, slide the pictures into the plastic holders so the kids can see them as they walk through the frame.

Remember, if the children are able to walk through the frame they are NOT 4'9" and should be in a 'big kid' booster seat. If they bump their heads on the frame they ARE 4'9" and can take the 5-step test (beginning on the bottom of page two) to determine if they can use just the vehicle seat belt when they ride. As the kids are walking through the 4'9" frame you could have them sing some of the 'Let's Sing a Song' tunes. You could decorate the PVC pipe as long as nothing hangs from the top 30" crossbar.

You could also incorporate numbers into the activities and have a measuring tape or yard stick on the other side of the frame so the kids can measure how many inches they need to grow to be 4'9".

Let's Sing a Song!

Safety Belts

(Sung to: "Jingle Bells")

Safety belts, safety belts, wear them every drive
Wear them when you're in the car, they'll help keep you alive, oh
Safety belts, safety belts, make sure they fit right
Cross your shoulder cross your hips
Worn morning, noon, and night!

Booster Seats

(Sung to: "Mary Had a Little Lamb")

Booster seats are for big kids
For big kids for big kids!
Booster seats are for big kids, Until you're four foot nine,
Booster seats will lift you up
Lift you up, lift you up.
Booster seats will lift you up to make the belt fit fine!

I Always Buckle Up

(Sung to: "Farmer in the Dell")

I always buckle up,
I always buckle up,
When we ride in a car or truck
I always buckle up.
(Insert child's name) buckles up
(Insert child's name) buckles up
When she/he rides in the car or truck
(Insert child's name) buckles up!

1



It's Not Fine Til
You're 4'9"

KEEP YOUR CUBS IN A BOOSTER SEAT UNTIL THEN.

2



It's Not Fine Til
You're 4'9"

BE A GOOD BUDDY AND STAY BUCKLED UP.

“Buddy and His Booster Seat”

Story Time Read Aloud

Every Thursday, Buddy and his G'pa, Mr. Brown go for a ride in Mr. Brown's shiny blue car. Buddy always wants to sit in the driver's seat. Buddy is five years old and four foot tall so Mr. Brown always refuses to go anywhere until Buddy gets into his booster seat in the back seat. One Thursday, Mr. Brown was going to take Buddy to the Ice Cream Shop to get an ice cream cone. Buddy was in the driver's seat, AGAIN and Mr. Brown said he would not move the car until Buddy was in his booster seat in the back. Buddy moved into the back seat and hopped into his booster seat. Off they went to get ice cream. What G'pa Brown did not know was that Buddy undid his seat belt as they drove. Officer Whydyadoit noticed that Buddy did not have his seat belt buckled as Mr. Brown drove his shiny blue car past him. Officer Whydyadoit turned both his flashing red and blue lights and his loud siren on. Officer Whydyadoit pulled Mr. Brown over.

Discussion Points

What does it mean to get “pulled over” by an officer?

How should you act, what should you do if you get pulled over?

Do you think Officer Whydyadoit gave Mr. Brown a ticket because Buddy did not have his seat belt on?

What does it mean to get a ticket?

What do you think Officer Whydyadoit said to Buddy about what happens if you don't wear the safety belt when you are in your car seat or booster seat?

What do you think Buddy's G'pa, Mr. Brown said to Buddy after Officer Whydyadoit left?

ACTIVITY

Have your kids create a seat belt campaign using Buddy as the mascot. You could contact the Police Department to see if they can send an officer to talk about car seats and seat belts.

Let's Pretend Play Time

This is time for the children to review what you have been teaching them by using and growing their self-expression, imagination, and social skills. This is the time to let them interact with other children. They will engage in old-fashioned pretend play. They will take the things you introduce and use their own words, ideas and actions to keep the play going.

1. Introduce a scenario
 - a. They are riding to the park or pool or zoo
 2. Introduce a problem
 - a. Someone forgot to or doesn't want to wear their seat belt
 - b. Someone put the shoulder belt behind their back or under their arm
 3. Introduce characters
 4. Introduce props
 - a. Mom, dad, sister, brother, cousin, friend
- Introduce props
- a. Large cardboard box or chairs (for car)
 - b. Streamers or duct tape (put it together in strips) to use as (seat belts)
 - c. Empty boxes (for lunch items) so they can pack a lunch

Evaluation of *IT'S NOT FINE TIL THEY'RE 4'9"* Booklet

EMS for Children would appreciate your feedback; fax, email, or mail the evaluation to:

(F) 605 328 6671

(E) Diane.L.Hall@usd.edu

(M) EMS for Children

1400 W. 22nd Street, Rte. 5679
Sioux Falls, SD 57105

1. Was the Booklet easy to implement? Yes No
- a. Did you implement a one day or one week program? 1-day 1-week
2. Circle the activity(ies) you included:
 - a. Coloring contest
 - b. Coloring activity
 - c. PVC pipe activity
 - d. Let's Sing a Song
 - e. Story Time Read Aloud
 - f. Let's Pretend
3. Do you feel your audience and their parents will use a booster until they are 4'9"?
Yes No
4. Will you use this Booklet again in the future? Yes No

***Thank You for Educating Children
on how to Safely Buckle up-
Every Trip. Every Time.***

This booklet is provided through a grant from the South Dakota Office of Highway Safety. If you could use more items like this, please send Lee Axdahl, Director, and/or Amanda Hossle, Management Analyst, a "Thank You" for supporting community traffic safety projects.

Lee.Axdahl@state.sd.us or Amanda.Hossle@state.sd.us

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