

# WARNING: CAR SEATS

There is a risk that your baby may **stop breathing** if they are not positioned correctly in their car seat

If the chin touches the chest whilst your baby is slouched forward, their airway can be cut off so they cannot breathe. This is called 'positional asphyxiation'.

You can **reduce the risk** by only using your car seat in the car and according to manufacturer's guidelines. Remove your baby's outerwear to make sure they are sat in an upright position, and to avoid overheating.



**THINK: CHIN OFF CHEST!**

Visit [www.hct.nhs.uk/car-seats](http://www.hct.nhs.uk/car-seats) for more information.

*Car seats are designed to keep your child safe and secure when used correctly.*