

Don't Forget...

Regular Health Check-ups are important for your child!

The American Academy of Pediatrics recommends preventive health screens for children and adolescents. This means regular appointments to see the doctor *even though they aren't sick!*

Your children should receive regular check-ups from their physician at the ages listed below. During these exams children will receive a physical exam, hearing and vision screens, lab tests, immunizations (if appropriate) and other services that help make sure your child stays healthy.

Recommended Ages for Check-Ups

These appointments need to be scheduled with your child's primary care physician in advance.

Newborn

3 - 5 days;
By one month

Infancy

2 months;
4 months;
6 months;
9 months;
12 months;
15 months

Early and Middle Childhood

18 months;
24 months;
30 months;
And every year between ages 3 and 10

Adolescents

Every year between ages 11 and 21

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American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



Tennessee Chapter



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Save Your Children...



Jesse and Cameron, Thompson's Station, TN

Use Proper Restraints!

(Besides, It's the Law!)

Parent's Guide to Child Restraint Safety and the Tennessee Child Passenger Safety Law

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Tennessee Child Passenger Safety Law

(TCA 55-9-602) Summary – Effective July 1, 2005

Child's Age/Size	Seat Type	Seat Location
Infants Less than 1 year old, or any child, 20 lbs. or less	Rear-facing*	Rear seat**
Toddlers 1 year to 3 years old and greater than 20 lbs.	Forward-facing*	Rear seat**
Young Children 4 years to 8 years old and less than 4'9" tall	Booster Seat*	Rear seat**
Older Children 9 years to 12 years old and 4'9" or taller	Seat Belt System	Rear seat recommended
Adolescents 13 years to 17 years old and 4'9" or taller	Seat Belt System	Rear or forward

Special Needs

Children who cannot use a conventional child restraint must use a specially modified, professionally manufactured restraint system and must possess a copy of the physician's signed prescription that authorizes the professional manufacture of the specially modified child passenger system.

* Seat must meet Federal Motor Vehicle Safety Standards and be used according to child safety restraint system or vehicle manufacturer's instructions

** If available (any vehicle with a rear seat)

Did you know?

Auto crashes are the leading cause of death in the 4 to 14 age group?

Car Seat Safety Check-Ups

Remember:

- Use a booster seat for children ages 4 - 8 and less than 4'9" tall
- Use a high back booster if your car does not have headrests
- Latch or bolt car seats and booster seats to the car
- Never use a car seat that was in a car crash
- Read the instruction manual that came with your car seat
- **Never** place a rear-facing seat in front of an active air bag (neck injury risk)
- **Never** place a child under 4'9" in front of an active air bag (neck injury risk)
- Check rear-facing seat for 45 degree angle
- *The back seat is always the safest place for a child*

Each time the vehicle is driven, check for:

- Tightness of car seat
- Tightness of shoulder harness
- Position of the retainer clip
- Shoulder belt crossing over collar bone and chest (not the neck)
- Lap belt should be below waist or abdomen

Need Help?

Assistance is available through a car seat checkpoint at any of the locations listed below:

Chattanooga: Safe and Sound, Safe Kids Chattanooga (423) 778-6691

Knoxville: SAFE KIDS Coalition of the Greater Knoxville Area (865) 215-5175

Memphis: SAFE KIDS Tennessee, Safe Kids (901) 287-6730

Nashville: SAFE KIDS (615) 936-1869

Statewide:

Your local health department
Your local police department
Your local new/used car dealership

On-line resources:

www.nhtsa.gov (click on driving safety)

www.healthychildren.org
(go to safety and prevention)

