



Parent Information Sheet: Car Seat Challenge

Who is Challenged? Infants born less than 37 weeks gestation at birth or with a birth weight of less than 2500 grams qualify for a car seat test prior to discharge. Depending on other clinical indications as determined by the medical team, other infants may be tested as well.

The Challenge: For at least 90 minutes, your baby will be secured in his/her car seat with a heart and breathing monitor and pulse oximeter. The baby will pass the test if (s)he remains stable without any problems with his/her breathing, heart rate, or oxygen level.

What happens if my baby fails the car seat challenge?

If your baby weighs less than 5 pounds (s)he will be transferred to the NICU for 2 hours of monitoring. If (s)he remains stable and there is a **weight-appropriate car bed** available, (s)he will then be tested in a car bed. If there is **no weight-appropriate car bed** available and (s)he remains stable during the 2 hours of monitoring, (s)he can be returned to the Mother Baby Unit and a repeat **car seat** challenge will be performed in 48 hours in NICU. If your baby fails the second **car seat** challenge, the team will discuss next steps for his/her care.

If your baby's weight is at least 5 pounds, (s)he will be transferred to the NICU within 30 minutes to complete 2 hours of recovery monitoring before proceeding to a **car bed** challenge. If your baby fails the second challenge, (s)he will be admitted to the NICU for further monitoring and care.

How to obtain a Car Bed: A car bed can be purchased through the hospital gift shop or M and M Medical Supply (1-877-966-6337). Your nurse can help you with the logistics of the purchase.

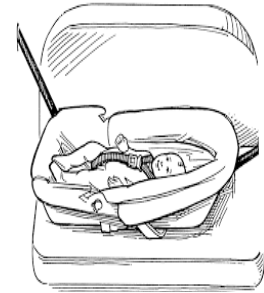
Repeat Car Seat Challenge after being discharged in a Car Bed: One-to-two months after discharge, parents can schedule a repeat car seat challenge at Boston Children's Center for Healthy Lung Development—please call 617-355-1900 AS SOON AS POSSIBLE to make this appointment – the repeat car seat challenge program is very busy. Plan to spend three hours at the appointment and bring the infant's car seat.

Car Seat Tips and Resources



Car Seat Reminders:

- Check the height and weight limits
- Check the expiration date
- Keep rear-facing for as long as possible (until infant outgrows weight and height limits—age 2 or later)
- Make sure clip is at armpit level and harness straps are secured on shoulders
- Visit a car seat inspection site for help with installation (mass.gov)



Car Bed Reminders:

Going home with a car bed means the infant is safest while remaining flat. This includes not using swings, bouncy seats, or infant carriers until the child is re-challenged in his or her car seat.

Websites:

www.saferidenews.com

www.healthychildren.org

<https://www.mass.gov/service-details/important-tips-on-car-seats>