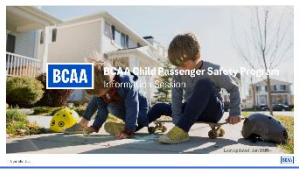


# BCAA CPS Information Session

## Prenatal Facilitator Notes: Virtual

<p>Preparation</p>	<p>Equipment needed:</p> <ul style="list-style-type: none"> <li>• Computer with internet connection</li> <li>• Video conferencing software (e.g., Zoom, Teams)</li> <li>• BCAA CPS Virtual General Information Session:               <ul style="list-style-type: none"> <li>○ PowerPoint presentation</li> <li>○ Facilitator Notes</li> <li>○ Guide to Virtual Presentations</li> </ul> </li> </ul> <p>These can be downloaded from the BCAA CPS Educator Community in the <b>CPS Virtual Sessions</b> folder in the <b>Educator Resources</b> section.</p>
<p>Slide 2</p> 	<ul style="list-style-type: none"> <li>• Start virtual platform at least 5 mins before presentation start time</li> <li>• Turn screen sharing on, choose this presentation and open in presentation view</li> <li>• Keep this slide on your screen while waiting to start. The participants will be able to see you in a thumbnail video in the corner of their screen or beside the slide being shown depending on how they have their screen set up.</li> <li>• When ready to start, if you want participants to see you better when you are not talking about a slide or you are answering questions, you can either <b>turn screen sharing off</b> or increase the size of your video thumbnail. Though it's not as engaging for the participants, if you prefer, you can leave it as is. Then follow SCRIPT</li> </ul>
<p>Presenter on screen</p>	<p><b>SCRIPT:</b></p> <p>Hello and thank you for inviting me today.</p> <p>My name is _____ and I am a certified BCAA Child Passenger Safety Educator</p> <p><b>Provide an overview on how to use the virtual platform including how to:</b></p> <ul style="list-style-type: none"> <li>• Mute/unmute their audio</li> <li>• Let you know they have a question e.g., raise their hand</li> <li>• Use the chat to ask a question or make a comment</li> </ul> <p><b>SCRIPT:</b></p> <p>If you haven't already done so, could you please all mute your audio to prevent feedback.</p> <p><b>Note:</b> You can mute all participants – just let them know if you do.</p> <p><b>Provide direction on how you want to handle questions</b> (see Guide to Virtual Presentations on The BCAA CPS Educator Community under CPS Virtual Sessions in Resources)</p> <p><b>SCRIPT:</b></p> <p>I will be switching between talking to you on screen and showing slides and videos. Any questions before I start?</p> <p><b>After answering any questions, decrease the thumbnail video if you changed the size or re-start screen sharing if you stopped it s</b></p>

### Slide 3



### SCRIPT:

Though there is a lot of information out there related to using child car seats – keeping your child safe comes down to 3 main things:

- Choosing the right seat for your child
- Correctly installing the seat into the vehicle
- Correctly securing your child into the seat

During this session, we will cover all 3 of these steps.

We'll start by looking at choosing the right car seat.

## Choosing a seat

### Slide 4



### SCRIPT:

When choosing a seat, you need to consider the child's age, weight, and height.

The first thing is the child's age and weight. This will help you know what type of seat you need.

### Slide 5



### SCRIPT:

An important thing to keep in mind when choosing a seat is that it's best practice to keep a child rear-facing as long as possible.

Rear-facing provides the best protection in a crash as the forces are taken up by the back of the child car seat, not the front of the child.

### Slide 6



### SCRIPT:

For a newborn, an infant seat provides the best fit and most people find it more convenient as the seat can be used as a carrier to and from the vehicle.

A baby outgrows this seat when either:

- Their weight reaches the limit of the seat – usually 15.8 kg or 35 pounds.
- OR they become too tall – when the top of the baby's head is within 2.5 cm or 1 inch from the top of the child seat.

Most babies will outgrow this seat in height before weight. Always refer to the car seat owner's manual for weight and height limits.

### Slide 7



### SCRIPT:

Once a child outgrows the infant seat, they will need another seat that goes rear-facing – either an infant-child seat or an infant-child-booster seat.

These seats go rear and forward-facing.

### Slide 8




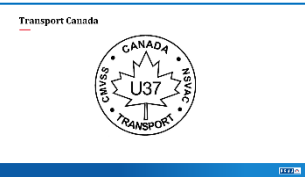
### SCRIPT:

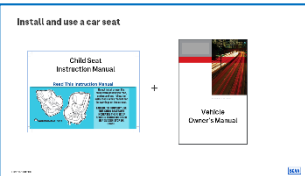
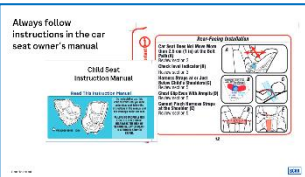


All child seats will have weight and height limits listed on the labels on the seat and in the car seat owner's manual.




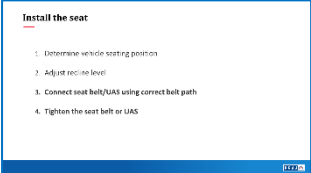



You can see on this infant-child seat that the limits overlap.

It's good to choose a seat that has a high rear-facing weight limit so you can keep your child rear-facing as long as possible.

Remember, the rear-facing position provides the best protection for child passengers.

<b>Slide 9</b> 	<b>SCRIPT:</b> A couple of other things to note when choosing a child seat. First, it must not be expired. Information about when the seat expires is usually on the child car seat. This can be: <ul style="list-style-type: none"> <li>On a label as seen on the left OR</li> <li>Embedded into the plastic moulding as seen on the right</li> </ul>
<b>Slide 10</b> 	<b>SCRIPT:</b> And second, the child car seat must be approved for use in Canada. This Transport Canada label lets you know this seat is approved for use in Canada. It is against the law to use a car seat that doesn't have this label on it. <b>If you want, increase your thumbnail video or stop screen sharing to answer participants questions</b>
<b>Presenter on screen</b>	<b>SCRIPT:</b> Are there any questions about choosing a seat? <b>After questions answered:</b> Now let's look at the second main step in using a child car seat: Installing the seat. <b>Decrease your video thumbnail if you enlarged it, or start screen sharing if you stopped it</b>

Installing a seat	
<b>Slide 11</b> 	<b>SCRIPT:</b> To use a child car seat, you will need the car seat owner's manual and the vehicle's owner's manual. If you don't have these, they can be found on the manufacturer's website.
<b>Slide 12</b> 	<b>SCRIPT:</b> The child car seat owner's manual provides lots of information, but most important are instructions on how to install and use it correctly. It's very important to always follow these instructions as they are specific to the seat.
<b>Slide 13</b> 	<b>SCRIPT:</b> Some instructions are also on labels on the car seat itself
<b>Slide 14</b> 	<b>SCRIPT:</b> The Vehicle Owner's Manual provides information about installing a child seat correctly into the specific vehicle including: <ul style="list-style-type: none"> <li>Which vehicle seat you can use and</li> <li>Where to find Universal Anchorage System connectors and tether anchors</li> </ul> You can find the child car seat section in the Index under 'Child Safety'.

<p><b>Presenter on screen</b></p>	<p><b>SCRIPT:</b></p> <p>Now we're going to look at a video on how to install an infant seat.</p>
<p><b>Slide 15</b></p> 	<p><b>If video doesn't start automatically, click on the play (arrow) in the video player control on the bottom of the slide</b></p> <p><b>SCRIPT when video ends:</b></p> <p>Now let's go over those steps you saw in the video</p>
<p><b>Slide 16</b></p> 	<p><b>SCRIPT:</b></p> <p>First determine the vehicle seating position</p> <p>Remember you need to refer to the vehicle's owner manual</p>
<p><b>Slide 17</b></p> 	<p><b>SCRIPT:</b></p> <p>Next, adjust the recline if needed</p> <p>Look in the child seat owner's manual on how to adjust the recline and to what degree.</p>
<p><b>Slide 18</b></p> 	<p><b>SCRIPT:</b></p> <p>These next two steps –</p> <ul style="list-style-type: none"> <li>connecting the seat using the correct belt path and</li> <li>tightening the seat belt or Universal Anchorage System or UAS snugly</li> </ul> <p>are the most important because if they aren't done correctly, the seat could move out of place causing serious injury to the child.</p>
<p><b>Slide 19</b></p> 	<p><b>SCRIPT:</b></p> <p>On an infant seat base there is only one belt path.</p> <p>The base on the left has no lock-off feature, the one on the right shows a base with a lock-off mechanism.</p>
<p><b>Slide 20</b></p> 	<p><b>SCRIPT:</b></p> <p>When you tighten the seatbelt or UAS, apply pressure into the car seat, as you pull the seatbelt or UAS</p> <p>The seat shouldn't move more than 2.5 cm or 1 inch in any direction while holding the seat at the belt path.</p>
<p><b>Slide 21</b></p> 	<p>Two more important points.</p> <p>It's important that the back of the infant seat does not jam up against the back of the vehicle seat as shown on this slide. This will affect the seat's ability to keep the child safe.</p> <p>And the second is that you need to check the child seat owner's manual for the position of the handle on the infant seat when installed</p>

## Securing the child

### Presenter on screen

#### SCRIPT:

Any questions so far?

Now we're going to look at the last step in using a car seat: Securing the child.

We'll start with watching a short video...

**Decrease your video thumbnail, or start screen sharing if you adjusted those.**

### Slide 22



**If video doesn't start automatically, click on the play (arrow) in the video player control on the bottom of the slide**

#### SCRIPT (when video ends):

Now let's look at the steps you saw in the video.

### Slide 23



#### SCRIPT:

First adjust the harness level so the harness is at or below the shoulder

For a newborn this will usually be at the lowest level

Refer to the child car seat owner's manual to see how to adjust the harness level.

### Slide 24



#### SCRIPT:

Then, put the harness straps over the baby's shoulder

### Slide 25



#### SCRIPT:

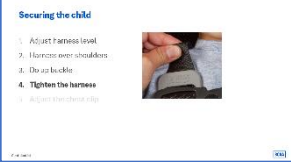





Do the buckle up



### Slide 26



#### SCRIPT:

And tighten the harness straps.

<p><b>Slide 27</b></p> 	<p><b>SCRIPT:</b></p> <p>Make sure its snug enough.</p> <p>If you can pinch a fold in the harness straps like the picture, they are too loose</p> <p>If the harness is not tight, a child can be ejected out of a seat during a sudden stop or crash.</p>
<p><b>Slide 28</b></p> 	<p><b>SCRIPT:</b></p> <p>Then secure and adjust the chest clip level with the baby's armpit</p>
<p><b>Slide 29</b></p> 	<p><b>SCRIPT:</b></p> <p>There's one more thing related to securing a child.</p> <p>Many child car seats come with head support from the manufacturer</p> <p>Remember to check the manufacturer's instructions for correct use of these supports</p> <p>So that covers the steps for securing your child – and though all these steps are important, the 3 most important things to remember are</p>
<p><b>Slide 30</b></p> 	<p><b>SCRIPT:</b></p> <ul style="list-style-type: none"> <li>• To make sure the harness straps are at the right level,</li> <li>• Tighten the harness so you can't pinch a fold in the harness straps AND</li> <li>• Secure the chest clip at the child's arm pits.</li> </ul> <p>These steps will help keep your child safe in the car seat during a sudden stop or crash</p>
<p><b>Slide 31</b></p> 	<p><b>SCRIPT:</b></p> <p>That covers the basics you need to know to use a car seat:</p> <ul style="list-style-type: none"> <li>• Choosing the right seat by looking at the age, weight and height of the child</li> <li>• Installing the seat correctly using the correct belt path and making sure the seat belt or UAS is tight</li> <li>• And securing the child using the correct harness level, making sure the harness is snug and adjust the chest clip to the armpit level</li> </ul>
	<p><b>If you want, you can Increase your thumbnail video or stop screen to answer questions</b></p>
<p><b>Presenter on screen</b></p>	<p><b>SCRIPT:</b></p> <p>Any questions? <b>After questions answered:</b></p> <p>Before we finish, there is one more topic to cover – and that's things that can be hazardous for child passengers.</p>
<p><b>Slide 32</b></p> 	<p><b>SCRIPT:</b></p> <p>One is aftermarket products – products that didn't come with your car seat.</p> <p>These products are not regulated by Transport Canada.</p> <p>Even if they say 'crash tested' on them, that doesn't mean that they meet safety standards or that they are safe to use.</p> <p>This includes harness covers, head huggers, bunting bags, mirrors and seat-belt adjusters.</p>
	<p><b>Decrease your video thumbnail if you increased it, or start screen sharing if you stopped</b></p>

	The safest rule is if it didn't come with the seat, don't use it.
<b>Slide 33</b> 	<b>SCRIPT:</b> <p>The other is loose objects in the vehicle.</p> <p>Anything that isn't bolted down can become a projectile in the event of a sudden stop or crash.</p> <p>And a projectile could be moving at a great speed so that plastic cup might not seem dangerous, but what if it was moving at 100 km per hour?</p> <p>So, take a look, clean out the vehicle, use your roll cover or trunk if you have one and keep everyone safe.</p>
<b>Slide 34</b> 	<b>SCRIPT:</b> <p>Lastly, if you have questions...we're here to help!</p> <p>We have many resources available to help keep children safe when travelling on BC roads</p> <ul style="list-style-type: none"> <li>• Videos, fact sheets,</li> <li>• Brochures in multiple languages including English, Punjabi, Simplified and Traditional Chinese</li> <li>• And a list of Child Passenger Safety Educators ready to help in your community.</li> </ul> <p>They are available on <a href="http://BCAA.com/carseatsafety">BCAA.com/carseatsafety</a> or you can reach out by phone or email.</p>
	<b>Stop screen sharing to answer questions and end session</b>
<b>Presenter on screen</b>	<b>SCRIPT:</b> <p>Does anyone have any questions?</p> <p>Thank you for inviting me today and if you take anything away from this session, remember these things:</p> <ul style="list-style-type: none"> <li>• Choose the right seat for the age, weight and height of the child</li> <li>• Install the seat correctly using the right belt path and tighten the seat belt or UAS</li> <li>• Secure the child correctly with the harness straps at the right level, a snug harness and the chest clip at the armpit level</li> <li>• And remember to always follow your child car seat and vehicle owner's manuals.</li> </ul>
	<b>End session</b>

BCAA coordinates the Child Passenger Safety Program on a not-for-profit basis as a public service. The recommended practices and materials developed for this program are provided for general information purposes. Nothing is intended to provide legal or professional advice or to be relied on in any dispute, claim, action, demand or proceeding. BCAA and its affiliates (and any of their respective directors, officers, agents, contractors and employees) will not be liable for any damages, losses or causes of action of any nature arising from the implementation and/or use of the recommended practices in the Child Passenger Safety Program materials. February 2021.