

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Best Way to Protect Your Children in the Car

By Susan Dunn

The Best Way to Protect Your Children in the Car by Susan Dunn, MA, Emotional

Intelligence Coach

Car seats may be required but there's one other thing you should be doing to protect your children in the car, because the best-constructed car seat in the world doesn't insure they'll live through an accident.

Prevention is the best cure, and driver error has been documented to contribute to over 90% of collisions.

Your distractibility is crucial, and once again one of our best technological advances has proven to be a very mixed blessing. You might even say a very mixed curse.

And what is that?

It's the conversation you're having with your sister about the party next week. Or the quick call to verify directions or to say you're running late. Or worst of all, an intense or complex relationship issue you're discussing with your spouse. **ON THE CELL PHONE WHILE DRIVING.**

It doesn't matter whether it's hand-held or mounted, and it doesn't matter whether you're dialing, chatting, intensely relating, or hanging up. It's dangerous.

According to the Fatal Analysis Reporting System, in one analysis of fatal accidents involving cell phone use, the cell phone-using drivers were all in what's called "the striking vehicle." This means they either hit a stationary object, or left their lane of traffic and struck a vehicle or obstacle. In these crashes, 75% of the drivers were engaged in conversation, 13% were dialing, and 13% were hanging up.

And worse yet - of those engaged in conversation, 1/3 were using mounted phones in the hands-free mode.

The Best Way to Protect Your Children in the Car

Risk of collision when using a cell is 4 times higher regardless of your age, driving experience, of experience with a cell phone, and - get this: the hands-free units offer no safety advantage.

People using cell phones simply take longer to react, and miss things that would allow them to avoid collisions. Even when not at-fault, cell users were unable to avoid collisions with others.

Your cell phone records can and will be subpoenaed in case of a lawsuit involving an accident, by the way.

So why not, when you strap the kids into their car seats, lay the cell phone down on the floor beside them and turn off the ringer?

Cell phones are great for productivity and personal safety. Just make sure you aren't using yours to call the EMS after a car accident caused by the fact you were using yours while driving.

Go here <http://www.nysgtsc.state.ny.us/phon-ndx.htm> for tips for safe cell phone use in the car (if there is such a thing). And when you buckle up, buckle up the cell as well.

P. S. And don't let the grandparents off the hook either. According to the National Public Services Research Institute for AAA, where cell phone use in the car is concerned, the distraction effect in drivers over the age of 50 is 2-3 times as great and encompasses all tasks - placing calls, simple conversations, and complex conversations. They increase response time by 33-38%.

With statistics like this, can legislation be far behind? But do you need legislation to do what's right?

©Susan Dunn, MA, Emotional Intelligence Coach, <http://www.susandunn.cc> . Coaching, Internet courses, and ebooks around emotional intelligence for your personal and professional development. Susan is the author of "How to Develop Your Child's EQ." For free ezine, <mailto:sdunn@susandunn.cc> with "ezine" for SL.

How Do You Find the Best Car Seat to Protect Your Child

By Gary Hendricks

Choosing a good car seat for your child's protection is a prime consideration for any new parent. To give your child the best chance of escaping injury in the event of a collision, you'll need to a car seat suited to your child's age and weight.

To choose a proper car seat, you'll need to understand that there are three main types of car seats for children. These are: infant car seats, infant / toddler (convertible) car seats, and booster seats.

Infant Car Seats

If you have a newborn baby, or your child is under a year old, he needs to ride in a rear-facing car seat.

The Best Way to Protect Your Children in the Car

You'll need to decide on buy a rear-facing infant car seat, or you can buy an infant / toddler car seat (also called a convertible car seat). The difference between the two is that the infant car seat is designed for babies around 20 pounds and under, while the convertible car seat be used facing the rear until your child is a year old and at least 20 pounds, before turning it to face forward. If you purchase an infant car seat, rest assured that the new models have a five-point harness to keep your baby strapped in securely. The disadvantage, of course, is that you'll need to buy a convertible car seat later when your child grows older.

Infant / toddler (convertible)

Car Seats These car seats are larger than infant-only car seats and more expensive. However, they can be used for your child from the newborn stage (when he is less than a year old and under 20 pounds) right up to the toddler stage (when he is at least a year old and at least 20 pounds). It depends on your choice. Some parents choose to use convertible car seats as their primary car seat from day one. Others only switch to an infant/toddler convertible seat when their baby outgrows the infant car seat.

Booster Car Seats

Booster car seats are meant for children age 3 and older who weigh at least 40 pounds. What's the function of these seats? What they do is to boost your child into a position that makes it safe to use the car's existing seat belt system. Booster seats will cost of (they're pretty expensive) but they'll give your grown toddler a sense of 'adulthood' since most of the models are ergonomic, plush and cool.

Gary Hendricks is the editor of

, a hobby website offering articles on

parenting, baby care and baby products.

How Do You Find the Best Car Seat to Protect Your Child

Baby Car Seat: Protecting Precious Passenger On Board

An All State Car Insurance Covers Not All States In The World

Uses Of Auto Seat Covers

Life Insurance Policy For Child - Why Buy Life Insurance For A Child?

Disaster Preparedness and Crime Protection Manual

Help Your Child Succeed In School

How to Buy a Car Without Getting Ripped Off!

The Alphabet of Birds

Bread And Biscuit Baker's And Sugar-Boiler's Assistant



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!