



148 cm
I Am this Tall



Hiya Roadstars,

I've been hunkered down in my Lockdown bubble too.

As we're allowed to move about more we all need to be careful and kind.

I wonder if you have grown taller since Lockdown began. To be sure you

**Seat yourself right
buckle in tight**

during any trips in the car, ask a grownup to help you check if the belts on your seat need adjusting to keep you safe. Turn over to see some tips to help you check. There is more help for grownups at www.nzta.govt.nz/childrestraints It's safest to use a child restraint or booster seat until you are 148 cm tall.

Once you're sure your car seat is safe for you, write to me or send me a short movie to www.ruben.govt.nz/videos about the steps you took to check your car seat fits you safely.

Be safe and be kind.

When using a forward facing child restraint:

- Always follow the manufacturer's instructions
- The back seat of the car is the safest place to sit
- My child restraint fits firmly against the seat and cannot wobble
- If there is a tether strap, it must be used according to the manufacturer's instructions
- The harnesses fit snugly and comfortably against me
- The shoulder harness must always go over my shoulders and be moved up as I grow
- If there is a chest clip it must sit level with my armpits when buckled
- Children have outgrown their restraint when they are over the manufacturer's recommended weight or height
- It's safest to use a child restraint or booster seat until you are 148 cm tall
- If you need help contact a registered Child Restraint Technician
<https://www.nzta.govt.nz/childrestraints>

Remember to ...

Seat yourself right
buckle in tight

Kia tau - kia mau

 Kids Club

Join Ruben's Kids Club
If you know anyone who lives in the Waikato, is aged 3 to 7 years who would like to join my Kids Club then go to my website www.ruben.govt.nz and complete the form in the Kids Club tab