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   - Otherwise, it’s hard to know what your child watches and difficult to limit the time.

4. **Transitioning from car seats with a harness to booster seats.**
   - A child’s level of safety decreases as he or she grows and transitions to new vehicle restraint systems. For this reason, it is strongly suggested to use a five-point harness as long as the seat allows. Check the upper weight and height limits posted on the seat.
   - **When using a booster seat, remember:**
     - Children require use of a booster seat until they are 4 feet 9 inches tall.
     - Booster seats help position a child’s body so the lap and shoulder belts fit properly.
     - Shoulder belts should cross over the center of the chest and shoulder.
     - Lap belts fit low over the tops of thighs, but not over the stomach.

5. **Children under age 13 must ride in the back seat whenever possible.**
   - It’s not about a child’s size and weight. Their bone strength and body structure isn’t strong enough to withstand the force of a crash. Did you know that a child’s hips and pelvis do not fully develop until puberty? Backseat is best!

To find car seat inspection services near you:
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Your child is developing in many different ways:

- Your child’s body is growing and changing. He or she can do new things.
- Your child is learning to manage feelings and how to be social with children and adults.
- Your child learns and experiences things in his or her own unique way.
- Your child learns by exploring the world around him or her.
- Your child communicates better and begins to understand about written words.

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It’s what’s on the inside that counts!

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**PHYSICAL HEALTH**

I grow and learn best when my body is healthy. Make sure I have a safe place to play both indoors and outside.

- **I USE MY ARMS AND LEGS IN MANY WAYS.** Let me run around and jump over things.
- **I CAN MAKE THINGS WITH MY HANDS AND FINGERS.** Give me things, such as beads to string and clay to shape, but make sure I’m supervised.
- **MY SENSES WORK TOGETHER TO HELP ME MOVE.** Teach me games that help me use my whole body.
- **I CAN HELP KEEP MYSELF SAFE.** Talk about safety rules and follow them with me.

**SOCIAL & EMOTIONAL**

I need people to love me and understand my feelings. Help me learn about emotions.

- **I AM PROUD OF WHAT I CAN DO.** Talk about the things I am learning to do and encourage me.
- **I WANT TO PLAY WITH OTHER CHILDREN.** Let me be with other kids and help me join in while they play.
- **I LEARN ABOUT OTHERS’ FEELINGS.** When you comfort me when I am hurt or upset, I learn to do the same for others.
- **I CAN MANAGE MANY OF MY FEELINGS.** Help me name my emotions. Talk to me about your feelings and emotions.

**I WANT TO LEARN**

I am curious and want to learn about everything. Talk and play with me every day. Help me explore the world around me.

- **I’M CURIOUS AND WANT TO LEARN.** Answer my questions when we do things together.
- **I DECIDE WHAT I WANT TO PLAY WITH.** Make sure I have a lot to choose from when I play.
- **I KEEP TRYING.** Stay nearby and encourage me when I try something new.
- **I AM CREATIVE.** Make up songs and dance with me. Follow my lead.

**THINGS I KNOW**

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of “hands-on” experiences.

- **I USE WHAT I ALREADY KNOW TO LEARN NEW THINGS.** Tell me when something I’m learning to do is like something I can already do.
- **I UNDERSTAND NUMBERS BY COUNTING THINGS.** Show me how numbers are part of everyday activities.
- **I CAN TALK ABOUT THE PAST AND THE FUTURE.** Ask me what I did this morning or what I plan to do this weekend.
- **I EXPRESS MYSELF THROUGH ART AND MUSIC.** Make it easy for me to create things using paper, crayons, tape, and scissors.

**LANGUAGE**

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do during the day.

- **I AM ALWAYS LEARNING NEW WORDS.** Read to me every day. Ask me questions and answer mine.
- **I UNDERSTAND SIMPLE DIRECTIONS.** Play with me. I enjoy games with simple instructions I can follow.
- **I KNOW THAT WORDS ARE MADE FROM LETTERS.** Put my name on my things. Help me try to write it myself.
- **I CAN WRITE SOME LETTERS.** Help me label my drawings. We can make small books from them.

Most children learn to do the things described here between ages three and five.