

Buckle Up Your Unborn Baby

Wearing a seat belt is one of the most important things you can do to protect yourself and your unborn child. It is always safer to use a seat belt! To avoid injury to your baby, however, the belt must be properly fastened.



- It is important to wear the seatbelt so that it fits across your hips and under your belly (abdomen) – not across the middle of it. The lap portion should be as low as possible on your hips.
- Never wear the belt across your belly — if you were in an accident, pressure from the belt could hurt your baby.
- Always use a shoulder belt, too, if available. It should fit snugly between your breasts. The shoulder portion of the belt should sit over your collarbone. If the shoulder belt cuts across your neck, try adjusting the belt or your seat so the belt fits better.

As your pregnancy progresses, you may be uncomfortable sitting in the car for long periods. If a long journey is unavoidable, plan to have frequent short breaks. A cushion or foam wedge in the small of your back may help to prevent backache. If you are in the last three months (3rd trimester) of your pregnancy, you should talk with your physician or healthcare provider before traveling.

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