

## Any further questions?

If you have any questions please ask your baby's nurse/midwife or doctor as we are here to help.

Royal United Hospitals Bath  
NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

## More information

**Dyson Centre for Neonatal Care:**

**01225 824438**

**RoSPA website**

<http://www.childcarseats.org.uk/types-of-seat/rearward-facing-baby-seats/#low-weight> (correct as of 03/06/2017)

Your chosen car seat manufacturer

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Car Seat Challenge



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Your baby needs to undertake a car seat challenge as part of the preparations for home.

### Why does my baby need a car seat challenge?

Research has suggested that some babies, particularly those who are small at birth, may be subject to periods of oxygen desaturation when sitting in a car safety seat. As your baby falls in to this group we would like to observe them in the car seat you intend to take them home in.

### What does the Car Seat Challenge involve?

You will need you to bring in the car seat that you intend to take your baby home in.

We will then monitor the baby's heart rate, respirations and oxygen saturations whilst they are lying in their cot and then in the car seat for a period of one hour.

During the monitoring period we will be making sure that your baby is not struggling with their breathing.

If your baby is showing signs of struggling then we will reposition your baby to make them more comfortable and recommence the challenge.

If your baby cannot manage despite correct positioning and is still finding it difficult to breathe whilst in their car seat then we will suggest other ways of helping them to sit more comfortably.

### What can I do to ensure my babies safety in the car.

It must be stressed that whilst a baby has passed the car seat challenge in the neonatal unit, this is as certain as we can be that your baby is able to tolerate sitting in a car seat.

Royal Society for the Prevention of Accidents (RoSPA) recommends

- Keep car travel to a minimum in the first few months of a baby's life
- Avoid keeping a young baby in a baby seat for longer than 30 minutes
- Put the baby seat in the rear of the car, but never leave the child unattended in the seat.

- Try to have someone else do the driving, so you can sit next to the baby to keep an eye on him or her, or have someone else sit next to them
- Only use the baby seat in the car and not for feeding the baby or letting them sleep at home
- Recline the baby seat as much as possible when in the car (making sure you follow the manufacturer's instructions for fitting and using it).

The information in is available from the RoSPA website

<http://www.childcarseats.org.uk/types-of-seat/rearward-facing-baby-seats/#low-weight> (correct as of 03/06/2017)