



# Car Seat Resources

Local organizations offer no-cost or reduced-cost car seats. While we have listed some criteria, be sure to contact the organizations directly, as some agencies may have additional requirements that must be met before you can receive a car seat.

## Aetna Better Health of Kentucky

If you are an Aetna member, you can earn a gift card up to \$90 to purchase a portable crib or car seat at 37 weeks or more of pregnancy in return for seeing your doctor regularly (at least seven visits) during your pregnancy.

Eligibility criteria: Pregnant and an Aetna member

Limits and restrictions: One gift card per pregnancy; exceptions are made for multiple births (such as twins)

To learn more, call **(855) 300-5528**.

## Catholic Charities of Louisville

You can qualify for a car seat (while supplies last) if you attend six mother-infant care classes.

Call **(502) 432-5223** for more information.

## Family Health Centers

If you are a current patient, you may be eligible for a reduced-price car seat. For more information, call **(502) 772-8588**.

## Healthy Start

You may be eligible for a free car seat if you have a child under 18 months old and live in one of the following ZIP codes: 40203, 40208, 40210, 40212, 40215, 40218, 40219, 40258, 40272.

## Norton Children's Prevention & Wellness

We offer car seat classes that conclude with participants receiving a car seat and installing it in their vehicle. Car seats are given only to those who register, complete the one-hour class and demonstrate the ability to safely install the seat.

Classes are offered on Tuesdays and Thursdays twice a month and on one Saturday every other month. To register, call **(502) 629-7358** or complete the Community Car Seat Class Enrollment form at **NortonChildrens.com/CarSeatHelp**.

## Indiana residents only

## Goodwill Nurse-Family Partnership

Education is available to families expecting their first baby who meet income criteria. Learn about safe sleep, child passenger safety, home safety and child protection. For more information, call **(317) 524-3999**.

## Gear-Up for Safety

Lutheran Social Services of Indiana offers baby and home safety items to qualifying families. Call **(260) 426-3347** and ask for the Gear-Up for Safety program. You'll be asked a few simple questions to make sure you qualify.

For Indiana residents, your local health department may be able to provide additional car seat resource information.

## Buying a car seat

Scan the **QR code** for a list of budget-friendly car seat options (not a comprehensive list).

Check company websites and stores for specials and discounts. Some stores offer seasonal discounts, such as a 20% discount, in exchange for an expired car seat or one no longer in use.

When shopping, look for a label stating: ***This restraint system conforms to all applicable Federal Motor Vehicle Safety Standards (FMVSS 213)***. Do not purchase a car seat that does not have this label.



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# CAR SEAT Checkup Event

Learn how to install your  
child's car seat or booster seat.  
Find out if it's time for a change.



**4 out of 5 children are not using their car seat or booster seat correctly. Safe Kids Louisville, led by Norton Children's Hospital, can make sure your child is riding safely in the vehicle! Limited car seats are available at this event.**

**Saturday, September 26<sup>th</sup>  
10:00am-12:00pm**

**Norton West Louisville Hospital  
850 S. 28<sup>th</sup> St, 40211**

**Reserve a time? Questions? (502) 629-7244  
Appointments are not required, but recommended.**



# TINY TRAVELER, BIG RESPONSIBILITY



Car seat safety is a necessity but is often overlooked or can become overwhelming to caregivers. Car seats should be installed before the baby arrives. We are here to help!

# 1

Watch our educational videos on how to install a car seat, identify a safe car seat, and more!



Car Seats: How Do I Know That My Baby Seat is Installed Correctly?  
Norton Children's  
34 subscribers



# 2

Schedule your free car seat check with Norton Children's Prevention and Wellness!



Scan the QR code  
or you can call  
502-629-7358



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# Parenting With You



Listen to the podcast that helps caregivers keep children healthy and safe by offering practical advice for children of all ages.



AVAILABLE  
ON APPLE  
PODCASTS,  
SPOTIFY,  
AND MORE!



- Recent podcast topics:
- Heart disease in children
  - The measles
  - Mental health in children and adolescents



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# LITTLE TALKS WITH A DOC: AN ORIGINAL YOUTUBE SERIES

Quick, trusted tips from Norton Children's pediatric experts—designed to help parents navigate everyday health questions and feel more confident caring for their kids.



## A few uploads:

- How to make doctor visits stress-free for kids
- Prevent Distracted Driving
- Fever in kids: How to take their temperature
- What to do if you suspect a poisoning



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# CLASSES AND EVENTS

## SAFE BABY

September 10<sup>th</sup> - virtual

October 8<sup>th</sup> - virtual

November 12<sup>th</sup> - virtual



## SAFE GRANDPARENTS

September 22nd - virtual

## NOT ON TOBACCO

September 8<sup>th</sup> - Norton West Louisville Hospital

November 3<sup>rd</sup> - Norton West Louisville Hospital

TO REGISTER FOR A CLASS SCAN THE QR CODE.  
YOU CAN ALSO REGISTER ONLINE AT:  
[WWW.NORTONCHILDRENS.COM/PREVENTION](http://WWW.NORTONCHILDRENS.COM/PREVENTION)

