

LOOK BEFORE YOU LOCK!

Create a routine! Check off the tasks you will try today.



Make it a routine to open the back door of your car every time you park.



If you are driving a child, after you correctly buckle them in a car seat or booster seat—**put something you need at your destination in the back seat** so you will open the back door: a cellphone, employee badge, handbag, or other item you need to keep with you...even your **left** shoe!



Ask your babysitter or child care provider to call you if your child hasn't arrived as scheduled.



Keep a stuffed animal in the child's car seat. Place it on the front passenger seat as a reminder when the child is in the back seat.



Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at child care. Remember to make the alarm song/sound different from all other alert sounds on your device.



If you have a **change in routine**, such as your spouse or parent dropping your child off at child care instead of you, make sure you and the other person communicate to confirm the drop-off was made.



Consider technology that alerts drivers to check the back seat. (Vehicle and child restraint manufacturers have been working on various evolving alert systems and some technologies are available now!)



[nsc.org/heatstroke](https://www.nsc.org/heatstroke)