# How To Use a Car Seat Tether

**What is a tether?**
A tether connects the top of a car seat to the vehicle.

**Why is it important?**
A tether prevents serious head and neck injury by securing the top of the car seat and minimizing forward head movement in a crash.

**Always** use a tether for forward-facing car seats.
Infant seats and boosters usually do not have a tether.

The *tether anchor symbol* will show you where the tether can be attached in some vehicles. All passenger vehicles made after 2001 are required to have tether anchors; information can be found in your vehicle owner’s manual.

To provide optimum protection, a tether must be attached and tightened properly.

[Image of tether anchor symbol]