A tether is a strap that is attached to the top of your car seat. It has a hook on one end of the strap. By connecting it to a tether anchor in your vehicle, you can better protect your forward-facing child.

A top tether works by keeping your child’s car seat back so his or her head won’t move as far forward in a crash. This can reduce the risk of head and neck injuries.

This photo shows a crash test of a car seat with a top tether and one without. In the seat without a top tether, the crash test dummy’s head moved forward six more inches.
Steps to Protect:

1. Make sure the vehicle seat in front of your child's car seat is in an upright position.

2. Install your car seat tightly with either a seat belt ...

3. or install it with the lower anchors of LATCH (Lower Anchors and Tethers for Children).

4. Connect the top tether hook to the tether anchor.

5. Pull the tether strap tight.

6. Test the car seat by pulling at the seat belt path; it should not move more than an inch side to side or front to back.

7. Make sure the child's harness is so snug that your fingers roll off of it when pinched.

More Important Information about Top Tethers

- All forward-facing car seats have top tether straps. Very few rear-facing car seats can use tethers.

- Vehicles manufactured after September 2000 have top tether anchors in 3 seating locations. If you have an older vehicle, check with your vehicle manufacturer about having tether anchors installed.

- Check your vehicle owner's manual to learn where to find the top tether anchors in your car. Some tether locations are marked with a symbol like this: 🌊

- Check your car seat's instruction manual to learn how to properly secure your top tether strap.

- Tethers and lower anchors can only be used until a child reaches a certain weight. Check your vehicle owner's manual and car seat instructions for weight limits when using tethers and/or lower anchors. If you can't find the information, assume a 40 pound limit.