

CARES Restraint keeps kids safe and parents less frazzled

A couple of years ago a cool tool for parents was approved by the [FAA](#). It's called the [CARES Restraint](#) and it replaces the need for a car seat on an airplane. Once my little guy is big enough I'll be keeping it handy for all my airplane adventures.

Car seats aren't required for kids traveling on planes. But keeping the shorties secure in their car seats is safer, more comfortable for them, and it leaves moms and dads with extra freedom. Dragging the car seat through security and installing it in the airplane is a huge chore, especially if you have more than one child.

[CARES](#), the Child Aviation Restraint System, is as effective as a car seat but isn't a boarding burden. The [CARES](#) restraint is made for kids 22 to 44 pounds and is the only device which has received federal approval strictly for airline use.



[CARES](#) is a strap system that fits in your pocket and takes just a minute to install. The straps latch around the back of the airplane seat to create a shoulder harness. The lower half attaches to the seat belt. They're available at [KidsFlySafe.com](#) for \$75, a lofty price for many but when traveling with a gaggle of kids it can be a godsend. The [CARES](#) harness is **not** approved for use in automobiles so always make sure your little ones are strapped into approved seats in the car.

Photo courtesy KidsFlySafe.com