

## Car seat safety

With the summer coming up, and many of you heading away on your travels, what better time to share some important information on car seat safety for children?

Let's start with babies, as there are a few little siblings at Sunninghill!

### **How long should a baby be in a rear-facing seat?**

When using a height-based (i-size) car seat, infants must travel rear-facing until they reach the age of 15 months. With the older, weight-based seats, rear facing can be achieved only until a worrying weight of 9kg. Weight based seats are about to phase out as they are not as safe. It is recommended by car seat safety professionals that all children rear face for as long as possible.



### **What about younger children?**

A child/toddler can travel in a rear-facing seat until they are 25kgs, approximately between 5 and 6 years old. It is a proven fact, that children travelling rear-facing, are significantly safer than those travelling forward-facing". *Car Seat Safety Centre*

Please see the following link which demonstrates the important safety benefits of rear facing over forward facing for babies and children if an accident were to occur:

<https://www.youtube.com/watch?v=4reteM2b1ng&t=9s>

### **...And older children?**

High back booster seats should be used for children once they can no longer rear face. **It is the law** for children to use a child seat until they are 135cm tall, or 12 years old - whichever comes first. Here you can see how a high back booster seat is much safer than a backless booster seat:

<https://www.youtube.com/watch?v=N8h1FdEHoCc>

“If you think your child has outgrown their high back booster, make sure you have measured their height as a child must **be at least 135cm before coming out of their child seat**. Otherwise, they must stay in this seat until that height or 12 years of age. Once your child has outgrown their high back booster, they are big enough to use the standard 3-point seatbelt in the vehicle.” *Car Seat Safety Centre*

Children may claim their car seat is “uncool” or “embarrassing”, but remember that their safety comes way above both of these things!

**Some websites with more information are below:**

<https://incarsafetycentre.co.uk/safety-centre>

<https://www.simplysafecarseats.co.uk/buyingguide>

<https://www.gov.uk/child-car-seats-the-rules>