

Keeping Everyone Safe

Parent Information



Useful links

Government - Child car seats: the law

www.gov.uk/child-car-seats-the-rules

THINK! - Provides road safety information for road users

www.think.direct.gov.uk

Child Accident Prevention Trust

www.capt.org.uk/news/safer-school-journeys

ROSPA Car seats

www.childcarseats.org.uk

ROSPA Road safety

www.rospa.com/road-safety/

Staying safe when you're out and about

Please note that we have revised and replaced the original Parent Information Sheet to provide more guidance on car seat safety.

As children across the UK return to school after the holidays, here is some good advice from the Child Accident Prevention Trust on keeping them safe whilst on the roads.

Did you know...?

- Young children (up to the age of 9) can't judge distance in the same way as adults. They don't know how fast a car or bike is going, or how long they have to cross the road.
- Children must normally use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first.
- Holding a baby in the car is harder than you might think. In a 30mph crash, you'd need the same strength to hold onto them as you would to lift 8 bags of cement.
- Britain has some of the safest roads in the world, however six children die and 170 more are seriously injured every month on the UK's roads.

Here are some reminders of how to help keep children safe when they are out and about:

Babies

There are many things that could make you nervous when taking your baby out. Luckily, with the right equipment, you can make sure your baby is as safe as possible wherever you go.

In the car Please refer to Child car seats: the law information on page 2-4.

Pushchair Check for a five-point harness so you can strap your baby in safely. It's safe to buy one second-hand, as long as there is no damage and you know how to use it properly.

Toddlers – from about 12 months onwards

Secure seats and harnesses mean toddlers can explore their new world without getting into trouble!

In the car Please refer to Child car seats: the law information on page 2-4.

In a pushchair Toddlers love to wriggle and move about! A securely fastened five-point harness stops your child falling out of their pushchair.

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3-5s

Children of this age are much more mobile. Alongside proper equipment, they need a lot of supervision.

In the car Please refer to Child car seats: the law information on page 2-4.

Walking The street is an exciting place, with lots of new sights and sounds. Children this young need lots of hand-holding and supervision. You can set a good example – talk to them about road safety when you're out - but don't expect them to remember the rules for themselves just yet.

5-7s

You can start to teach children the good habits of 'stop, look, listen, think' when crossing the road, but they are still too little to remember everything. It's good to start building good habits when you're out and about.

In the car Please refer to Child car seats: the law information on page 2-4.

Walking All children under 9 need help from an adult when crossing the road. Teaching them the basics can be fun, and will give them a good start in road safety. Their school may run schemes to help teach them road safety but you still have a key role to play.

By bike A child's first bike is a really exciting thing, but at this age they're not ready for road cycling. Helmets are essential, not just when they're learning, but every time they get on a bike and wherever they cycle. Getting into the habit makes it easier for them to remember their helmet when they're older.

Child car seats: the law

Using a child car seat or booster seat

- Children must normally use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first.
- Children over 12 or more than 135cm tall must wear a seat belt.
- You can choose a child car seat based on your child's height or weight.

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Height-based seats

- Height-based seats are known as 'i-Size' seats. They must be rear-facing until your child is over 15 months old. Your child can use a forward-facing child car seat when they're over 15 months old.
- You must check the seat to make sure it's suitable for the height of your child.
- Only EU-approved height-based child car seats can be used in the UK. These have a label showing a capital 'E' in a circle and 'R129'.

Weight-based seats

- The seat your child can use (and the way they must be restrained in it) depends on their weight.
- Only EU-approved weight-based child car seats can be used in the UK. These have a label showing a capital 'E' in a circle and 'ECE R44'.
- You may be able to choose from more than one type of seat in the group for your child's weight.

Child's weight	Group	Seats
0kg to 10kg	0	Lie-flat or 'lateral' baby carrier, rear-facing baby carrier, or rear-facing baby seat using a harness
0kg to 13kg	0+	Rear-facing baby carrier or rear-facing baby seat using a harness
9kg to 18kg	1	Rear- or forward-facing baby seat using a harness or safety shield
15kg to 25kg	2	Rear- or forward-facing child car seat (high-backed booster seat or booster cushion) using a seat belt, harness or safety shield
22kg to 36kg	3	Rear- or forward-facing child car seat (high-backed booster seat or booster cushion) using a seat belt, harness or safety shield

Manufacturers can now only make booster cushions approved as group 3. This won't affect any existing booster cushions in group 2 and you'll still be able to use them.

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Fitting a child car seat

You must only use a child car seat if your car's seat belt has a diagonal strap, unless the seat is either:

- specifically designed for use with a lap seat belt
- fitted using ISOFIX anchor points

You must also:

- deactivate any front airbags before fitting a rear-facing baby seat in a front seat
- not fit a child car seat in side-facing seats

The Child Car Seats website has information on how to choose a seat and travel safely with children in cars.

<http://www.childcarseats.org.uk/choosing-using/>

Children with disabilities or medical conditions

The same rules apply for children with disabilities or medical conditions, but they can use a disabled person's seat belt or a child restraint designed for their needs.

A doctor can issue an exemption certificate if a child is unable to use a restraint or seat belt because of their condition.

