



Helping your child to be safe on roads

Dear parent or carer,

TODAY WE FOUND OUT THAT

IS

CM TALL AND WEIGHS

Why is this important?

Many parents are confused about the law on child seats and how it affects them.

This is why we have teamed up with **Brake, the road safety charity**, to let you know what the law says and why it is so important to use the right child seat and make sure you're all belted up before setting off!

UK law states that children should use a child car seat until they're 12 years old or 135cm tall, whichever comes first. Children over 12 or more than 135cm tall must wear a seat belt.

Brake recommends that children should use a correctly sized and fitted child seat until they are 150cm tall.

You can choose a child seat based on your child's height or weight. Height-based seats must be rear facing until your child is over 15 months old.

You must only use a child 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; or
- fitted using ISOFIX anchor points.

You must deactivate front airbags before fitting a rear-facing baby seat in a front seat.

You must not fit a child seat in side-facing seats.

Booster cushions or backless booster seats should not be used for children who are under 125cm tall or weigh less than 22kg.

For UK law relating to child seats: www.gov.uk/child-car-seats-the-rules

For more advice on choosing and fitting a child seat:

www.childcarseats.org.uk

Today we have learned about road safety by taking part in a Beep Beep! Day organised by Brake. Find out more at

www.brake.org.uk/beep

In 2024, **407** child car passengers aged 12 or under were killed or seriously injured in road crashes.* Using a correctly sized and fitted child seat significantly reduces the risk of a child dying or being seriously hurt if a crash happens.

- ✓ Never hold a child in your arms in a vehicle - use a modern child seat suitable for their size and weight until they are 150cm tall.
- ✓ Always use an approved child seat with a label showing a capital E in a circle and R129.
- ✓ Check manufacturers' labels and instructions carefully when buying a child seat, to make sure it is appropriate for your child's height and weight.
- ✓ Make sure the child seat is fitted at the correct angle and doesn't move. The harness should fit tightly with the chest clip level with your child's armpits.
- ✓ Follow the fitting instructions exactly. If possible, fit the seat in the middle of the back of your car. If you need to use a taxi, use one you can fit your child seat into.
- ✓ Ensure your child and all passengers are belted up before every journey – that includes you too!



* Department for Transport (2025) Reported road casualties Great Britain, annual report: 2024 and associated data sets.
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