



Don't skip the booster!

Is your child ready to travel without a car seat?

Your child's safety starts with the right fit. **Not every child seat fits every car - or every child.** It's essential to choose a seat that's right for your vehicle and suitable for your child's height and/or weight and age. Always check both before you buy or install.

Always make sure their car seat is properly secured in your vehicle - and that your child is correctly strapped in. Every car and car seat are different, so always follow the manufacturer's instructions for both. This leaflet is here to give you clear, practical tips to help keep your child safe on every trip.

High back booster seats offer better protection than basic booster cushions. They support your child's head, neck and sides – especially in dangerous yet common side-impact crashes. **Check your car's headrests.** They shouldn't push the child seat forward or block a safe, snug fit.

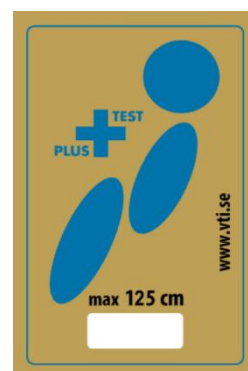
Never remove the vehicle headrest.



The Swedish Plus Test

Plus Tested car seats ensure that your child is not exposed to life-threatening high-headed forces during a frontal collision. Sweden is the world leader when it comes to child safety by car and it is therefore not surprising that Plus Test is a Swedish approval.

The Plus Test is a voluntary frontal impact test of a child car seat with focus on neck protection. Approved car seats receive an additional label as proof, providing parents with the reassurance that their child is optimally protected in the event of an accident. [Click here](#) or visit www.vti.se/en for their 'Plus Tested child car seat' section.





Legal vs Safe

Rear-Facing for Longer Is Safer - While it's legal to turn your child forward-facing earlier, the safest choice is to keep them rear-facing until they're at least 4 years old. That's because a child's neck and spine aren't fully developed until around age 4-6. In a crash, their body isn't strong enough to withstand the forward forces - putting them at risk of serious injury or even death. Rear-facing seats provide crucial support and protection when it matters most.

A study from Axxid in April 2025* found that the majority of parents turn their children forward-facing before the age of four – despite evidence from crash tests proving rear-facing seats are up to five times safer.

If rear facing, the straps should come out of the back of the child seat level or slightly below the child's shoulders. If forward facing, the straps should be level or slightly above the child's shoulders.

Ensure no straps are twisted to evenly distribute the force across the body in a collision.

Straps should go across the pelvic bone when using a 5 point harness.



Harness straps should sit close to your child's neck—not slipping off the shoulders. You should only be able to fit **two fingers** snugly between the strap and your child's collar bone.

Don't put thick/padded clothing on your child when travelling. In the force of a collision, the fabric will compress, and your child can be ejected from the car seat.



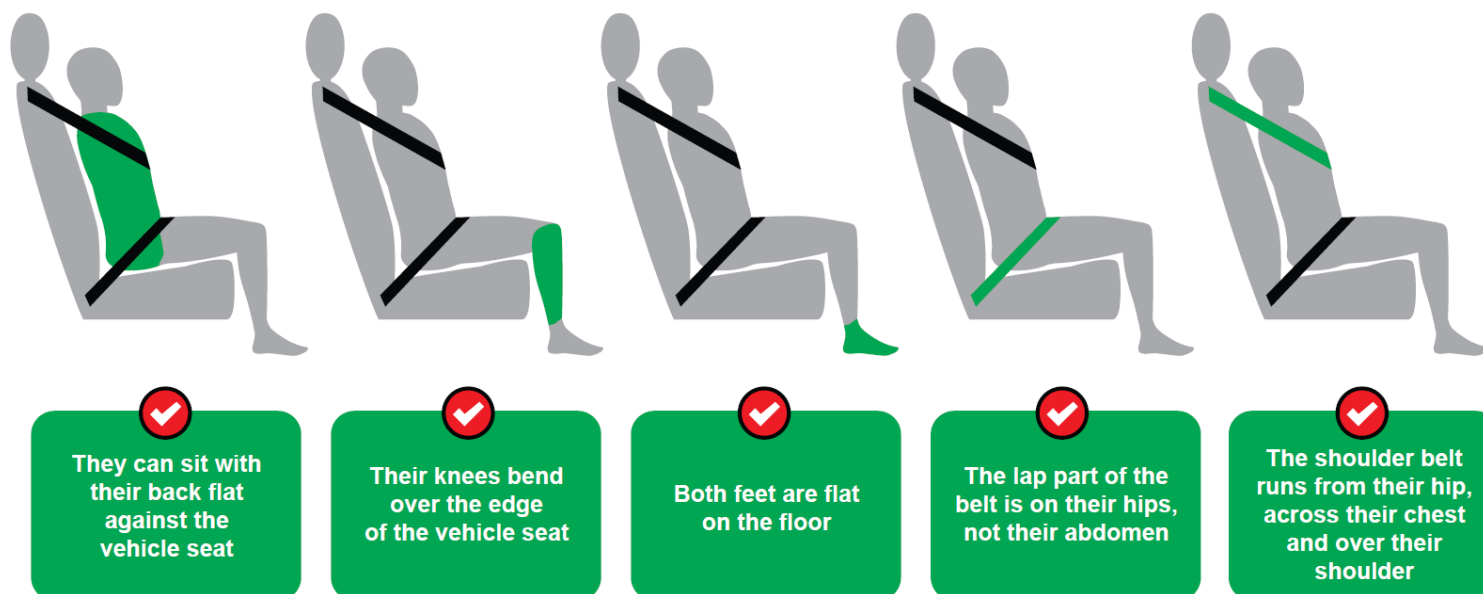


Booster cushion vs high back booster Crash test video

By law, children must use a car seat until they're **135cm tall or 12yrs old** – whichever comes first.

While children can legally use an adult seat belt from the age of 12 or 135cm in height, it's only safe to do so if the seat belt fits them properly. However, due to different torso heights, it's best to wait until your child also passes the 5-step safety check.

5-step safety check shown in the diagram below before moving them to an adult seat belt:



If the above checklist is not met, then they should continue using a high back booster seat.

A report on British Parent's knowledge and approach to child safety in vehicles* found that 55% of parents said they did not know how tall a child has to be legally in order to travel without a car seat or booster seat (from 135cm) and 23% said it was shorter than the legal height.





Common problems:

Could you identify the problems with these seat belts?



1) Child requires booster seat so that the seatbelt is positioned correctly. They have not passed the 4-step safety check.
2) Seatbelt is over the booster horns. Lap belt should be underneath correctly. 3) ISOFIX not attached – showing red.

*Child safety in cars 2025: A report on British parents' knowledge and approach to child safety in vehicles (Axkid) [Click here for the full report.](#)

Always refer to your **car and car seat manufacturers manuals** for the most accurate safety guidance tailored to your vehicle and seat. For more information visit:



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