



# CAR SEATS AND BOOSTER SEATS

When is your child able to transition to a booster seat?



## Safety tip:

Children should stay in their booster seat until they outgrow it - NOT just because they celebrate a birthday!

## Car Seats for Children aged 4 - 7 Years

Children should use either a forward-facing car seat with a built-in harness, **OR** a booster seat with an adult seatbelt that is fitted and adjusted properly.

Children under 7 should NOT sit in the front seat if the car has back row seats, *unless* all the back seats are already filled with children under 7 years of age.

### Best Practice Recommendations:

Keep your child in a child car seat with an inbuilt harness until they reach the maximum size limit of the restraint. Only move to a booster seat once they have outgrown the previous seat.

For a child to ride in a booster seat, they must be at least 4 years old and meet the minimum entry shoulder height marker on the seat. **Children should remain in their booster seat until they reach the maximum shoulder height marker regardless of age.** Best practice is to always remain in the current restraint until they outgrow it in size.



# BOOSTER SEATS AND BEYOND!

When is it safe to change your child's car seat?

## Car Seats for Children aged over 7 Years

Children over 7 years of age must use either an approved child restraint or a properly adjusted and correctly fastened adult seatbelt. This means they can use either a forward facing child restraint with inbuilt harness **OR** a booster seat with a properly fastened and adjusted adult seatbelt **OR** an adult vehicle seat with an adult seatbelt.

### Best Practice Recommendations:

Check to see if your child can safely use an adult seatbelt or if a booster seat or harnessed seat is still needed, even if they have turned 7 years of age.

If your child has outgrown the child car restraint with the inbuilt harness or the dedicated booster seat use the '**5 STEP TEST**' to ensure your child is ready for the adult seatbelt.

Most children are between the ages of 10-12 years before they are seatbelt ready!



### **i** Important information

Child restraint laws are based on age (rather than by height) because research indicates that this is easier for parents to follow and will result in the smallest number of children being inappropriately restrained. However, a child's height is still important to consider when making a choice about the right restraint or booster seat for your child.



# MOVING INTO AN ADULT SEAT

When is my child ready for an adult seatbelt?

Use the 5 STEP TEST to see if your child is ready to move into an adult seatbelt.



Can the child sit with their back against the vehicle seat back?

1



Do the child's knees bend in front of the edge of the seat?

2



Does the sash belt sit low across the middle of the shoulders?

3



Is the lap belt sitting low across the hips touching the thighs?

4



Can the child stay seated like this for the whole trip?

5

If you can answer YES to ALL 5 STEPS, then your child is adult seatbelt ready.  
If not, then a booster seat is the safest place for your child to sit

## **i** Important information

### **Riding in the front seat**

Although a child aged over 7 years can legally ride in the front passenger seat of a vehicle with two or more rows of seats, it is recommended that children under 12 years of age always use the seats in the rear rows first, and most vehicle manufacturers display warnings signs in the cabin as a reminder.

