

# Tips to ensure our children's safety when travelling in the car

- All children up to 135cm (approximately 4ft 5in) in height, or up to 12 years of age (whichever occurs first), must **use a suitable child restraint** - that is, one that is suitable for your child's height or weight.
- **Rear-facing baby seats** mustn't be used in cars with an active front air-bag.
- **Remember not to let babies sleep too long in their car seat.** The advice is not to use car seats for longer than 30 minutes for babies younger than four weeks and not using car seats for more than two hours in one go for babies of all ages.
- **Remember not to leave your baby/child alone in the car as it is dangerous** (if they fall asleep on the way to nursery, please either bring them with you or ask another parent to bring/walk your pre /pre-pre school child to nursery).
- **Remember not to give your children the keys to play with** when they are in the car as they might lock themselves in by accident when you are for instance loading the car.
- **Remember to never leave your car unattended by an adult when the keys are in the car/engine.**
- **Ensure your child gets in (and out) on the pavement side.** If you are not able to park so that they are away from passing traffic, tell your child (once the car is parked) to cross the back seat to reach the door on the pavement side.
- **Consider using sun blinds** to protect the children from the sun and the heat during car journeys on hot days and have a bottle of water in the car.
- **Remember not to park on the Zig Zags** outside the school gates.
- **Remember not to drive too fast** when approaching the school grounds.
- **It's illegal to smoke** in the car with anyone under 18 because second-hand smoke in such an enclosed space is dangerous.



Summary of seat belt and child restraint requirements

Driver or passengers	Front seat	Rear seat	Who is responsible?
Driver	Seat belt must be worn if fitted		
Child under three years of age	The right child restraint must be used	The right child restraint must be used. If one is not available in a taxi or minibus, the child may travel unrestrained	Driver
Child from third birthday up to 135cm in height (or 12th birthday whichever they reach first)	The right child restraint must be used	The right child restraint must be used where seat belts fitted. Must use adult seat belt if the right child restraint not available: <ul style="list-style-type: none"> <li>- in a taxi or minibus;</li> <li>- for a short distance in an unexpected necessity;</li> <li>- if two occupied child restraints prevent fitting a third and suitable child restraint is not available in the front passenger seat.</li> </ul>	Driver