

## Which car seat should I pick?

It is very important to ensure that your child travels in an appropriate child restraint, which:

- Conforms to the United Nations standard, ECE Regulation 44.04 (or R 44.03) or to the new i-size regulation, R129. Look for the 'E' mark label on the seat.
- Is suitable for your child's weight and size
- Is correctly fitted according to the manufacturer's instructions.

There are many different types available. They are divided into categories, according to the weight of the children for whom they are suitable. These correspond broadly to different age groups, but it is the weight of the child that is most important when deciding what type of child seat to use. i-size seats are designed to keep children rearward-facing until they are at least 15 months old.

Type of car seat	Weight/height range	Age range
Rearward-facing baby seat	Group 0 (0-10kg)	Birth to 6-9 months
	Group 0+ (0-13kg)	Birth to 12-15 months
	i-size, Phase 1 (Birth to 105cm)	Up to at least 15 months
Combination seat (Rearward and forward-facing)	Group 0+ and 1 (0-18kg)	Birth to 4 years
	Group 0+, 1 & 2 (Birth to 25kg)	Birth to 6 years
Forward-facing car seat	Group 1 (9-18kg)	9 months to 4 years
	Group 1, 2 & 3 (9-36kg)	9 months to 11 years
	i-size, Phase 2 (100-135cm)	4 years to 11 years
High-backed booster seat	Group 2 (15-25kg)	4 to 6 years
	Group 2 & 3 (15-36kg)	4 to 11 years
Booster cushion	Group 3 (22-36kg)	6 to 11 years
	Group 2 & 3 (15-36kg)	4 to 11 years

