

britax
safe·n·sound



Tips For Keeping Your
Kids Safe In The Car

CONTENTS

• Introduction	3
• Knowing When Your Child is Ready to Move into a Booster Seat, and Ready to Move Out of One!	4
• Car Travel Safety Tips	10
• WATCH: Britax Kid Guard PRO™ Booster Seat Review	11
• Avoid Making These Mistakes With Your Child's Car Seat	12
• What Parents Are Saying About the Britax Kid Guard PRO™ Booster Seat	14
• Tips for Stress-Free Car Trips	21
• Car Game Printable	22
• Find Your Local Stockists	23



INTRODUCTION

Britax understands that one of the most important safety decisions you will make for your child is choosing a suitable child car seat. For that reason, their safety technologies and innovations have pushed car seat development forward for 50 years. That's why they lead the way in car safety and deliver the safest range of child car seats in the world!

More Australian families trust Britax Safe-n-Sound to keep their children safe on their journeys together than any other brand. Parents who buy a Britax Safe-n-Sound child car seat can rest assured that it has been tested beyond Australian standards via the company's in-house crash testing systems and crash sled. Their patented car seat designs are actually easy to use, making the installation of car seats easier and less stressful for parents. The Britax premium, award winning range of child car seats are designed to grow with your family.

Did you know? Britax also provide a new for old restraint replacement via their Crash Exchange Program should your car seat be involved in a crash (T&Cs apply).

Britax, protecting children on the road since 1966 and keeping the adults of tomorrow safe-n-sound today!

KNOWING WHEN YOUR CHILD IS READY TO MOVE INTO A BOOSTER SEAT, AND READY TO MOVE OUT OF ONE!



When is it Time to Move Your Child to a Booster Seat?

For parents, the safety of your child in the car is of the utmost importance. However, many of us mistakenly move our child into or out of a booster seat sooner than it is safe. Whilst each state has their own requirements, children aged 4 - 7 years old must be secured in either a forward facing seat with an inbuilt harness or a child booster seat. Not all 4 year olds are the same size though of course. So parents should progress to a booster seat based on height rather than age. So before rushing your child into a booster seat because they've had a birthday, first check that they fit within the shoulder height marker on the car seat you are using.

How to Choose a Booster Seat?

When investing in your child's booster seat we recommend firstly considering all of the safety features it has to offer including ease of use, the comfort of the seat as well as value for money. An expandable booster that can grow with your child is a great option!

In Australia, it is illegal to purchase or use a car seat that does not comply with the Australian/New Zealand Standard 1754. Always look for the certification mark AS/ANZ:1754 on the car seat you choose for your child.



Choose a brand you trust. Britax is the number #1 brand in car seat safety technology leading the world with innovative car seats, strollers and travel systems. The latest safety innovation from Britax called the SecureGuard™ is an easy to use Britax patented exclusive feature. This device ensures the vehicle seat belt is properly positioned on your child's hips, minimising the risk of abdominal injury during a crash and preventing them from sliding under the seat belt. Whereas booster seats ordinarily offer 3 points of contact, the SecureGuard™ provides a 4th point that sits between the child's legs securing the seat belt in the correct position, whilst also allowing your child adequate wriggle room whilst on the move.



In the event of a collision, a lap belt that is improperly positioned across a child's abdomen can cause serious injuries, including injuries to internal organs that can't always be diagnosed immediately and can be life-threatening. The SecureGuard™ Anti-Submarining device ensures that the seat belt is secured across the strong bones of the pelvis rather than the abdomen.

The SecureGuard™ Anti-Submarining device is also available on Britax's most popular booster seats including the Hi-Liner™, Maxi Lite™, Tourer™ and the newly launched Kid Guard PRO™.

The 4th point
of greater safety
SECUREGUARD™



In addition to the innovative life-saving SecureGuard™ Anti-Submarining device, the Kid Guard PRO™ also features expandable side wings to deliver lateral support ensuring your child's body is sitting upright, providing a safer seat belt and is equipped with Side Impact Cushion Technology (SICT™) to maximise your child's head protection in the event of a side impact collision. The expandable seat design allows parents to adjust the height of the seat as their child grows – a feature that offers increased safety and value for money.

The compact slim-line base also makes the Kid Guard PRO™ an excellent option for parents with multiple child seats in their car, and it can be easily transferred into a friend or family

members care as and when needed. The built in sash guide ensures ease of use regardless of who is fitting it.

The Kid Guard PRO™ also includes their deluxe Thermo5™ fabric made with Bamboo Charcoal which means your child will travel in quality and comfort.

Suitable for children between the age of 4 – 10 year old (approx.) the Kid Guard PRO™ is an expandable booster seat with 9 height adjustments for the RRP of \$399!

WHEN CAN I MOVE MY CHILD TO AN ADULT SEAT BELT?

Children are often moved into adult seat belts too soon. Britax as industry leaders, believe in 'Harnessed Safety for Longer.' Adult seat belts are designed for a minimum height of 145cm, but height isn't the only indicator.

Before graduating your child to an adult seat belt please consider the following factors outlined on the Britax Australia website.

Please assess the following factors by testing how your child sits in an adult seat:

- If your child's legs are shorter than the depth of the seat and do no hang comfortably over the seat edge, your child is likely to move forward or slump in their seat which will change the position of the lap belt and increase the risk of serious injury.
- If the seat belt crosses your child's face or neck rather than their chest, your child is likely to place the seat belt behind their back to remove this discomfort greatly increasing the risk of injury.
- If the lap belt rides up over your child's abdomen when sitting correctly, your child is at increased risk of serious injury (The lap belt should always be positioned over the hips and thighs).
- If your child wriggles or slumps in their seat, the lateral support provided by a booster seat reduces the risk of head, neck and abdominal injury.

With the new Kid Guard PRO™ booster suitable for children up to 10 years of age (approx.), it is recommended that parents keep their child in a booster seat for maximum safety.

For more safety information or additional information on the child car seats and travel systems available visit Britax.com.au.

CAR TRAVEL SAFETY TIPS



WATCH: BRITAX KID GUARD PRO™ BOOSTER SEAT REVIEW

With so many different products on the market, it can be difficult to know where to start when it comes to purchasing your child's booster seat. But doing your homework really is key.

Britax recently invited Mum's Lounge Dad, Alex Shepherd and his family to review their newly launched booster seat, the Kid Guard PRO™ which features their innovative life-saving Anti-Submarining device the SecureGuard™.

Check out exactly what Alex thought of the Kid Guard PRO™ by clicking on the video below.



<https://www.youtube.com/watch?v=0c3DLHDgJQ0>

AVOID MAKING THESE MISTAKES WITH YOUR CHILD'S CAR SEAT



Getting the Wrong Seat

Australian standards for car seats are one of the toughest in the world. In fact, in Australia it is illegal to purchase or use a car seat that doesn't comply with the Australia/New Zealand Standard 1754. When buying your child's car seat always look for the certified AS/NZ:1754 mark. Using a second-hand car seat isn't recommended as there is no way of knowing if it has been involved in a car accident which will compromise its safety in the event of an accident. Even seats that are passed down by family members may be missing parts or may no longer meet safety standards.

But, of course, there are many more factors to consider when picking the right car seat to keep your precious cargo safe. Ensuring your child's safety involves researching which one fits their height, weight and age range.

Britax has car seats to suit newborns through to 10 years (approx.). You can view the range here: <https://www.britax.com.au/car-seats/>

Installing the Car Seat Incorrectly

It doesn't matter how safe your car is, and how many state of the art safety features your child seat has if it has if it is fitted incorrectly. Car seat safety professionals will tell you that they see a lot of car seats installed incorrectly. When installing your car seat bear in mind that you will need to consult the car seat manual and also your vehicle manual (in order to locate and ensure correct usage of anchors etc.)

Britax have a number of installation videos available to walk you through the steps. You can find these on their website or YouTube channel.

Even if you are confident you have fitted your car seat correctly, we recommend visiting a professional Child Safety Restraint fitting service just to be sure. Best case scenario, you've done a great job and can have peace of mind, or it may just need a few tweaks here and there. In the event that it is fitted incorrectly, you can have the professional show you how and fix your mistakes...so you can avoid the worst case scenario.

For more information on car seat fitting do's and don'ts visit the Britax website.

Fitting the Harness Incorrectly

We know you don't want your child to be uncomfortable in their seat, but resist the temptation to loosen their harness straps to give them a little extra room. Fitting them snugly is safer and not uncomfortable if they have the right seat.

Avoid placing your child into their seat wearing bulky clothing such as jackets that require you to loosen the straps to get them in, as these also represent a danger in the event of an accident as the harness straps will not be tight enough in the event of an impact.

Facing Your Child Forward Too Soon

When your child is little it is easy to get excited about them meeting all their milestones. The first smile, rolling over, moving to solids, and learning to crawl or walk are all causes for celebration. But moving your child into a forward facing seat needs more consideration than your child's age. Ensure that your child also meets height and weight requirements before making the move to a new seat. Britax recommends rear facing for as long as possible. For more information on when you should safely move your child to a forward facing seat refer to the Britax website.

Moving Your Child to a Booster Seat or Out of One Too Soon

Older kids can be in a hurry to move to a booster or out of one due to perceptions that it is 'babyish.' But it is a fact that many parents move their child into a booster seat or out of one sooner than is safe to do so. (Please refer to Chapter Two for more information on when you should consider making the move.)

Remember that an adult seat belt is designed for an average sized human (145cm approx.), so age isn't a reliable indicator that your child is ready to move out of their booster seat. Another factor to be aware of is that your child also needs to be mature enough to sit properly in their seat without slouching, or pulling their shoulder strap behind their back, etc.

WHAT PARENTS ARE SAYING ABOUT THE BRITAX KID GUARD PRO™ BOOSTER SEAT



We were really excited to be able to offer 12 parents from the Mums Lounge community the opportunity to trial the Britax Safe-n-Sound Kid Guard PRO™ seat with their child, and share their honest feedback.

At the end of the review period we discovered that all of the reviewers were confident in the safety of the seat and felt that it gave them added peace of mind when travelling with their child. Everyone reported finding the seat easy to fit into the family vehicle, and the SecureGuard™ Anti-Submarining Device was also found to be very easy to secure when strapping their child into their seat.

The fact that the Kid Guard PRO™ is adjustable to accommodate a growing child from the age of approx. 4 - 10 years of age was also a feature that had unanimous appeal amongst our reviewers, not only for the obvious financial benefit but because they could adjust the seat to ensure maximum safety for their child at each stage of growth.

What was a little worrisome though was that 41% of the reviewers had not heard of the term 'submarining' and were not aware of the potential risk of their child submarining in the event of an accident, or the injuries it could cause.

Submarining:

A popular term describing a mechanism of vehicular injury in which a child slides under the lap strap of a 3-point safety belt during a road traffic accident.

If 5 of our 12 reviewers were previously unaware of submarining, we figure, that there may be many more of you in the same position, who have no idea that you should look for a booster seat with an Anti-Submarining Device like the SecureGuard™ (which is exclusive to Britax Safe-n-Sound).

Here are some excerpts from the reviews. You can read their comments in their entirety on the Mums Lounge [website here](#).

Reviewer: Katherine, trialled with her 4 year old

The seat was very easy to install. The instructions were easy to follow, and the seat was installed within 5 minutes, including ensuring the height was correct for my son.

The lap section of the seat belt sat on the correct section of my son's body to increase comfort and minimise injury during a crash.

Having a product that grows with my children is very important. Firstly, this cuts down unnecessary costs of replacing seats as my child grows. Secondly, I know the adjustable seat increases safety as my child grows, as the seat belt and base are in the correct position for their height and weight.

The cushioned arms and head rest were an obvious safety benefit. Having the seat belt and base in the correct position for my son was comforting and increased my confidence in the seat.

My favourite feature of the Kid Guard PRO™ is the moveable seat and head rest position. Knowing the seat is providing maximum safety for my child is paramount.



I love the slimness of the Kid Guard PRO - it looks really sleek. This seat would be perfect as a middle seat when three seats are required.
~ Renee

Reviewer: Kerrie, trialled with her 4 year old

I thought the slimline design was BRILLIANT! My 4 y o is a very solid, very tall boy. I was initially worried a seat classified as 'slim' would mean he wouldn't fit. But he fits perfectly well, with room to grow. The backseat feels much more spacious for him and his collection of toys, kindy bags, sports bags, books etc. that all seem to accompany us these days on even the shortest car trip.

Car seats are big investments – financially and also in time to research the safest options. I want to buy a seat that I know will last well for a good few years at least.

It feels like a very solid seat. Excellent safety features with the seat belt straps. I definitely like that even though it's a seat for older children, it still needs to be attached with the rear strap to the car.

I would easily recommend this seat for all of the reasons above. I am EXTREMELY HAPPY with the seat for my son, it's wide for him to be comfortable, yet narrow to make the rear seat feel very spacious, it allows his wriggling legs to freely move about, it's a lovely classic design and it's easy to move between cars – a complete win on all fronts!

Reviewer: Belinda, trialled with her 4 year old

It is very compact, light and easy to get out of box. The colour is nice too and once we put it in the car we were impressed by how sturdy it was.

The slimline design made it very easy to put into the car and it doesn't take up much backseat room at all.

We didn't dislike anything about the Kid Guard PRO™. We are very happy with it.

Reviewer: Brooke, trialled with her 4 year old

Fantastic looking, very slim seat. Looks safe.

Fits great especially with 3 across the seat.

The safety feature I like most is the Side Impact Cushion Technology – which maximises children's head protection in the event of a side impact collision.



The anti-submarining SecureGuard device is a major selling point for this seat.

~ Amber

Reviewer: Meike, trialled with her 4,6 and 7 year olds

The seat was very easy to install. The instruction and sash guides make it fairly foolproof to fit and the red colour sections make each part easy to find.

To me it is very important that products grow with my children. Affordability and value for money is important (especially with 4 children) and a car seat that will last 6 years represents that value. It is difficult and time consuming to find and replace a seat often, so avoiding that is a great thing.

The safety features on the Kid Guard PRO™ are second to none. All of the features combine and compliment each other and come together as a wonderfully safe and secure product.

I like that is so adjustable – that it can be used for a 4 year old and adjusted within a matter of seconds to fit a much bigger child.

The Kid Guard PRO™ is easy to use and adjust, looks great and its safety features are second to none. It would be my first choice when it comes to buying or recommending a booster seat.



I love its safety features and how it is adjustable both in width and height to suit a growing child. It's also very comfortable which is important as it means my son who has sensory issues, has no issues sitting in it.
~ Cassandra

Reviewer: Kate, trialled with her 5 year old

My first impression was the feel on the fabric, its firm but very foamy. I made a comment to friends that I would love it if my own seat looked that comfortable!

I have been very nervous about putting my daughter in a bigger seat, she's smaller than my other kids. So I have been avoiding it, but her straps are far too tight. I'm very happy with the Britax Kid Guard PRO™, I don't feel concerned at all.

Reviewer: Bronwyn, trialled with her 6 year old

I love the SecureGuard as my child could not be put in a standard seat belt because of lack of restraint between his legs. In a standard seat belt he would constantly slide straight out of the seat and onto the floor. This seat has made it possible to not have to have the 5-point harness on him in the car.

Having a product that I can use for many years is of extreme importance to me because having a child with a disability and low muscle tone he needs to be in a secure seat for a lot longer than a typical child. The fact that the height of the head rest, the depth of the seat and the side guards are all adjustable means that we will not need to be updating for quite a few years.

I am very comfortable with my child using this seat in the car as I believe the safety aspects of it are very high. I would not risk my child's safety for anything so the fact that I am comfortable with him using it is enough for me.

I was very impressed with all the features of the seat. The three adjustable sections and the ease at adjusting them were very impressive as was the slimline look of the seat.

Reviewer: Georgie, trialled with her 5 year old

I loved the style and size. The colours and fabric were nice too. It was quite light but looked sturdy. I liked the slimline design, it's much better to fit another child in the middle.

It takes a bit to get used to moving to the sash belt scenario but this one feels very safe.

I love this model and will recommend it to all my friends. I searched for a booster for a long time and wasn't sure which way to go. This one ticks all the boxes and I will be getting another one for my younger child.

Reviewer: Amanda, trialled with her 3 children aged 9, 6 and 4 years

On opening it looked super comfortable and safe. Such a soft and luxurious fabric that looks easy to clean. Felt very sturdy, not heavy and not too light.

The shoulder markings are fantastic and such a useful tool. The red markings to use as a guide for the lap sash on the bottom of the seat are helpful.

The slim line design is fantastic. I was worried my child would feel closed in around the head area but found they weren't bothered.

The only thing is if you need the side wings out it makes the seat wider overall.

I was informed of submarining when purchasing my Safe-n-Sound Hi Liner and this 4th contact point was the deciding factor between it and other brands. It should be a mandatory feature on all available brands.

Kid Guard PRO™ launched in December 2016 and is available at baby stores all around Australia. Find your closest store [here](#).

For more safety information or additional information on child car seats and travel systems visit <https://www.britax.com.au>.

TIPS FOR STRESS-FREE CAR TRIPS

According to researchers at Monash University, kids whining, fighting and carrying on in the car is 12 times more distracting and dangerous than using your phone whilst driving! Avoid getting stressed or losing your focus by using these handy tips.

Visit the Toilet Before You Leave

We've all been there before. You ask them if they need the toilet before you leave and everybody says no. But ten minutes down the road and somebody is suddenly desperate. So regardless of what they say, insisting that they 'just try' often produces something and may save an unplanned pit stop at the nearest public toilet, frantic squirming and pleading to stop from the back seat or an unwanted accident. Likewise, change your baby's nappy to ensure they are as comfortable as possible. Although, we can't guarantee how long a clean nappy will stay that way for!

Car Appropriate Activities

Before taking off, make sure you have something to keep your kids amused. Even on short trips it is a good idea to have music, books or toys (preferably not of the annoying, noisy kind), travel games, electronic games and hand held devices. Just make sure that electronic toys are adequately charged to avoid backseat meltdowns.

Looking for something new? You can use our travel game printable from Chapter Eight to keep the peace on your next road trip.

Pack Snacks or Plan Food Breaks

Children with little tummies are more likely to graze on smaller meals throughout the day than rely on three square meals like adults. Making sure they have eaten before leaving home of course is a given, but having snacks at the ready just in case is never a bad idea. Serving snacks to backseat passengers whilst driving is dangerous, but you can plan ahead and hand out age-appropriate snack packs or zip lock bags with easy to eat food to toddlers and bigger kids before you leave home. On longer trips, you can stop for a more substantial meal and that all important toilet break.

Set Rules

As with everything in life, you have to start as you mean to go on. Set the rules and stick to them. For example, teach your child from early on that if their favourite toy or snack falls on the floor you cannot retrieve it for them while you are driving. Reaching behind your seat whilst operating your vehicle could cause you to lose control of the car. In cases when a child is inconsolable without it, pull over to retrieve it when safe.

For older children, a good strategy to use when the volume in the backseats gets too much or a fight has broken out is to pull over when you are able to do so safely. Explain that the behaviour is unacceptable and that you won't be going anywhere until everyone is calm and quiet. The prospect of missing out on the party or getting to their team sport late works wonders and teaches kids how you expect them to behave in the car when you are driving.

KEEPING YOUR KIDS ENTERTAINED IN THE CAR

As we've mentioned, kids can be very distracting in the car. Keeping them busy and entertained with a quiet task means that you can concentrate on driving safely.

Pack some pens, and print out a copy of this fun car bingo game for each child before your next road trip or car journey. Kids will love to mark off the things they see on the way, and you'll love the peace!

CAR BINGO



FIND YOUR LOCAL STOCKIST

Find all of your local Britax stockists here: <https://www.britax.com.au/where-to-buy>