the limiting rod 46S pivots forward with the backrest plate 23S and moves forward along a pivot path in the limiting chute 48S against the thrust force of the elastic element 49S, thereby moving from the rear lower end of the limiting chute 48S to the front upper end of the limiting chute 48S.

[00103] Therefore, in the child safety seat 1S according to the present disclosure, the headrest 10S is provided to be easily deformed or the backrest plate 23S is provided to be pivotable with respect to the seat body 20S, thereby avoiding the rigid resistance existing in the prior art, avoiding the torsion force generated by the rigid resistance on the neck of the child when being impacted, and improving the use comfort and safety of the child safety seat. The present disclosure provides a holding mechanism, which can reduce the torsion of a vehicle seat belt to the neck when the seat is impacted, and a seat including the holding mechanism, so as to improve the comfort and safety of the seat.

[00104] Description will be made with reference to Figs. 24 and 25. The present disclosure further intends to avoid misusing a height of the headrest effectively by avoiding parents from adjusting the headrest too high while a younger child is sitting in the child safety seat or avoiding the parents from adjusting the headrest too low while an older child is sitting in the child safety seat, and then contributes to improve safety and comfortableness of the child in the safety seat. Receiving the crotch belt buckle or not is used to limit the height of the headrest and adjust a length of a shoulder belt, so as to avoid misusing fasteners on the child safety seat and safety belts of a vehicle. Herein, an inner side of the seat body refers to a side in which the child may sit, correspondingly, an outer side of the seat body is a side opposite to the inner side.

[00105] Figs. 24-25 show a crotch belt buckle receiving device 111T, which is arranged in a seat portion 180T of a child safety seat 100T, and has a receiving slot 111fT for receiving a crotch belt buckle 120T and a trigger 112T arranged in the receiving slot 111fT. The crotch belt buckle 120T is connected to the child safety seat 100T through a belt. The crotch belt buckle receiving device 111T further includes a receiving cover 111eT for covering an opening of the receiving slot 111fT of the crotch belt buckle receiving device 111T to ensure flatness of the seat portion 180T of the child safety seat 100T. The receiving cover 111eT is hinged to the seat portion 180T. A headrest bracket 140T of the child safety seat 100T is

[00156] In one embodiment, a plurality of locking holes are formed on each of reinforcement elements. The base further includes a telescopic adjusting assembly including two locking pins, and each of the two locking pins is operably inserted into one of the plurality of locking holes on each of the reinforcement elements, so that the two anchor assemblies is fixed in the extended position, or in the retracted position, or in any of one or more other positions between the extended position and the retracted position.

[00157] In one embodiment, connecting rod is formed between the two anchor assemblies to keep telescopic movements of the two anchor assemblies synchronized.

[00158] In one embodiment, the telescopic adjusting assembly includes a telescopic adjusting handle. The telescopic adjusting handle may be actuated to disengage the two locking pins from the corresponding locking holes simultaneously.

[00159] In one embodiment, the telescopic adjusting handle at least partially extends out of the housing, or the telescopic adjusting handle is at least partially exposed from bottom of the housing.

[00160] In one embodiment, the telescopic adjusting handle is provided with a recess recessed into the space.

[00161] In yet another aspect, the present disclosure provides a child safety seat. The child safety seat includes a base according to the above; and a seat body located above the base.

[00162] In one embodiment, the seat may rotate relative to the base.

[00163] In one embodiment, an adjusting sliding slot is formed on the base bracket of the base, and a part of the seat body is located in the adjusting sliding slot, so that the seat body may slide relative to the base.

[00164] According to an aspect of the present disclosure, a seat is provided. The seat includes a seat body including a backrest portion. The backrest portion includes a backrest plate; a headrest arranged on an upper part of the seat body, and including a headrest bracket and a headrest body arranged on the headrest bracket, wherein the headrest bracket is connected to the backrest plate; and a holding mechanism enabling the headrest to lean forward when being impacted by an external force.

[00165] In one embodiment, the headrest moves upward and downward relative to the backrest portion to adjust a position of the headrest, and the holding mechanism restricts a