WHAT IS CLAIMED IS:

1. A child seat for installation on a vehicle seat, the child seat comprising:

a seat back; and

a headrest connectable to the seat back, the headrest having:

an inner surface that defines a head receiving region of the headrest, the inner surface having a headrest support surface positioned at a back of the head receiving region and a side impact protection portion positioned between the headrest support surface and a front of the head receiving region; and

a recess arranged between the side impact protection portion and the front of the head receiving region, wherein at least one of the side impact protection portion and the inner surface at least partially defines the recess.

2. The child seat of claim 1, wherein the side impact protection portion has a curved configuration.

3. The child seat of claim 1, wherein the side impact protection portion at a location adjacent to the front of the head receiving region has a concave configuration.

4. The child seat of claim 1, wherein another recess is located between the side impact protection portion and the headrest support surface.

5. The child seat of claim 1, wherein the side impact protection portion further comprises an inwardly facing surface facing toward an interior of the head receiving region, the inwardly facing surface including a first side impact protection area extending between the back and the front of the head receiving region and a second side impact protection area extending between the back and the front of the head receiving region, the first side impact protection area being arranged at an angle to the second side impact protection area.

6. The child seat of claim 5, wherein an interface between the first side impact protection area and the second side impact protection area is linear.

7. The child seat of claim 5, wherein an interface between the first side impact protection area and the second side impact protection area is curved.

8. The child seat of claim 5, wherein the first side impact protection area is positioned between the headrest support surface and the second side impact protection area.

9. The child seat of claim 5, wherein the recess is at least partially defined by at least one of the second side impact protection area and the inner surface.

10. The child seat of claim 9, wherein the recess is at least partially defined by the first side impact protection area.

11. The child seat of claim 9, wherein the recess is at least partially defined by both the second side impact protection area and the inner surface.

12. The child seat of claim 5, wherein the second side impact protection area has a substantially planar surface.

13. The child seat of claim 5, wherein the second side impact protection area has a concave curvature.

14. The child seat of claim 1, wherein the inner surface extends between a first front end and a second front end arranged at the front of the head receiving region, the side impact protection portion is a first side impact protection portion located between the headrest support surface and the first front end, and the recess is a first recess; and

a second side impact protection portion positioned between the headrest support surface and the second front end, wherein a second recess extends between the second side impact protection portion and the front of the head receiving region.

15. The child seat of claim 14, wherein the first side impact protection portion and the first recess are identical to the second side impact protection portion and the second recess.

16. The child seat of claim 1, wherein the side impact protection portion further comprises at least one side impact protection device, the at least one side impact protection device being removably connectable to the headrest.

17. The child seat of claim 1, wherein the side impact protection portion further comprises at least one side impact protection device integrally formed with the headrest.

18. The child seat of claim 1, further comprising at least one side impact protection device arranged within the head receiving region.

19. The child seat of claim 18, wherein the at least one side impact protection device is positioned adjacent to and in contact with the back of the head receiving region.

20. The child seat of claim 18, wherein the at least one side impact protection device is offset from the back of the head receiving region.

21. The child seat of claim 18, wherein the at least one side impact protection device extends to at least one of a top and a bottom of the headrest.

22. The child seat of claim 1, wherein a surface of the side impact protection portion that at least partially defines the recess has a substantially vertically planar configuration between a top and a bottom of the headrest.

23. The child seat of claim 1, wherein the side impact protection portion includes a portion of the headrest positioned closest to a central longitudinal axis of the headrest,

wherein the recess is positioned between the portion of the headrest positioned closest to the central longitudinal axis of the headrest and the front of the headrest.

24. The child seat of claim 23, wherein the recess extends continuously from the portion of the headrest positioned closest to the central longitudinal axis to the front of the headrest, the recess having a concave curved portion.

25. The child seat of claim 23, wherein the portion of the headrest positioned closest to the central longitudinal axis is located between the back of the head receiving region and a center of gravity of an occupant's head in a direction parallel to the central longitudinal axis.

26. The child seat of claim 23, wherein a surface of the side impact protection portion at the portion of the headrest positioned closest to the central longitudinal axis has a substantially vertically planar configuration between a top and a bottom of the headrest.