



SOTERIA

SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 7

April 2019

A newsletter brought to you by Soteria Safe Sleeping Advice

Welcome to the **Soteria Safe Sleeping Advice Newsletter** for Education and Care Services

Soteria will keep you, and the families you care for, up to date with current media and safety issues, and how to improve your safe sleeping practices.



Cot Recall

The **Cooper Timber Cot** supplied by **Adairs** between **March 2016 and March 2019** has been recalled. This cot does **NOT** comply with the mandatory Consumer Product Safety Standard for Children's Household Cots. [More information here](#)



Voluntary Recall: Fisher-Price Rock 'n Play sleeper

Toymaker, [Fisher-Price](#), has recalled their [Rock'n'Play sleeper](#) in the US and retailers are voluntarily removing this product from their websites.

[Learn more here](#)



Tummy Time – How, when and why

Tummy time can begin from birth with practices such as carrying baby over your shoulder or laying him over your forearm as you walk around to increase his interaction with the world around him.

[Find out more below](#)



Upcoming Workshops

Our next Safe Sleeping for Infants and Young Children workshop is scheduled to be held at the Queen Elizabeth Centre in Dandenong on **Thursday 2 May**.

To find out more, [click here](#)



Pregnancy, Babies & Children's Expo – around the nation!

In a first for the Pregnancy, Babies & Children's Expo, Soteria Safe Sleeping Advice was invited by the PBC Expo organisers to be part of the first ever Advice Centre for Pregnancy Health & Settling & Safe Sleeping.

[Click here](#) to find out more ...



A little bit about Soteria

Named for the Greek goddess for safety and deliverer from harm, **Soteria Safe Sleeping Advice** provides child safe sleep advice based on scientific evidence-based information to health professionals, care-givers and the broader community. [Learn more here](#)



Safe Sleeping Education for Education & Care Services

Soteria Safe Sleeping Advice runs on-site education sessions and half and full day workshops specifically aimed at the Education and Care Services. For more information, [click here](#)

Cot Recall

The **Cooper Timber Cot** supplied by **Adairs between March 2016 and March 2019** has been recalled. This cot does **NOT** comply with the mandatory Consumer Product Safety Standard for Children's Household Cots.

👉 Stop using this product immediately!

👉 Contact the retailer on **1300 907 504** for more information

Check whether your Centre has any of these cots!

For more information, [click here](#)

Remember: Safe Practice, Safe Place, Safe Product, Safe Policy for every sleep for every child

Voluntary Recall: Fisher-Price Rock 'n Play sleeper

Toymaker, [Fisher-Price](#), has recalled their [Rock'n'Play sleeper](#) in the US and retailers are voluntarily removing this product from their websites.

Following 32 infant deaths attributed to the sleeper in the US, the Australian Competition and Consumer Commission has issued a warning to parent to keep the sleeper "out of reach of children" while then undertake an investigation of the product "as a matter of priority".

Although as yet no deaths have been linked to the sleeper in Australia, the design has the potential for infants to roll from their backs onto their stomach or sides, especially if unrestrained. Evidence shows the risk of a sleeping accident or SIDS is increased when a baby sleeps in the prone position.

The American Academy of Paediatrics called them "[deadly](#)" and urged Fisher-Price and the US Consumer Product Safety Commission (CPSC) to recall the sleepers.

If any of your parents are using this product, ensure they use the restraints and keep pillows, blankets or extra padding out of the sleeper.

Remember: Safe Practice, Safe Place, [Safe Product](#), Safe Policy for every sleep for every child

Tummy Time – How, when and why

Tummy time can begin from birth with practices such as carrying baby over your shoulder or laying him over your forearm as you walk around to increase his interaction with the world around him.

It is important to ensure you give tummy time when baby is awake, he's not tired and you can supervise him. You can use a firm mattress or rug on the floor with a rolled up towel, for example, under his armpits or chest to help support him but make sure you remove that and place baby on his back in a safe environment when he gets tired.

Baby can have start having tummy time two or three times a day, beginning with just a few minutes and increasing that as he gets older and stronger.

Placing baby on his tummy to play while being supervised is an excellent way to strengthen his back, neck and arm muscles. This is especially important to prepare him for when he begins to roll on his own and starts to crawl.

Seeing his environment from different angles not only helps his brain development but also reduces the chance of flattened spots on his head (positional plagiocephaly).

Also, remember it is critical that parents or carers do not leave baby on his tummy if they fall asleep – that includes falling asleep with baby on the carer's chest or leaving baby alone or unsupervised.

Remember: Safe Practice, Safe Place, Safe Product, Safe Policy for every sleep for every child

Upcoming Workshops

All childcare centres will be acquainted with their obligations under the Education and Care Services National Regulation 168 to ensure their staff are following the evidence-based safe sleeping recommendations and each centre has a current policy around sleep and rest for children. There are well-defined consequences where the regulatory body identifies any breaches of the guidelines.

Soteria Safe Sleeping Advice runs on-site education sessions and half and full day workshops specifically aimed at the Education and Care Services.

We ran our first workshop for 2019 in Lilydale earlier this month. Our next Safe Sleeping for Infants and Young Children workshop is scheduled to be held at the Queen Elizabeth Centre in Dandenong on **Thursday 2 May**. A session is planned for Geelong soon.

For more information on our education sessions and workshops, [click here](#) or visit our new website www.soteriasafesleepingadvice.com.au

Remember: Safe Practice, Safe Place, Safe Product, Safe Policy for every sleep for every child

Pregnancy, Babies & Children's Expo – around the nation!

Following the fantastic success of the Pregnancy, Babies & Children's Expo's Advice Centre for Pregnancy Health & Settling & Safe Sleeping at the Melbourne Expo, Soteria Safe Sleeping Advice and our colleagues from River's Gift, Safe Sleep Space and Nourish Baby were kept busy fielding queries at the Adelaide Expo

The Advice Centre is a "one-stop shop" that again attracted parents, grandparents, childcare educators, health professionals and others who were keen to learn safe sleeping practices for the infants in their care. From why is back sleeping safe, to how do we get baby settled, or a hundred and one other queries – we were on hand to provide advice and show the evidence behind these.

The team will be heading next to Sydney in May so if you have any friends or colleagues in the Harbour Town, let them know they can have their safe sleeping questions answered!

Melbourne will be hosting the Expo again in October, so pencil it in your diary – we look forward to meeting you!



Remember: Safe Practice, Safe Place, Safe Product, Safe Policy for every sleep for every child

Education Sessions

With the recent introduction of the Education and Care Services National Regulation 168 in October 2017, it is imperative that educators are well informed about evidence-based safe sleeping recommendations and each centre has a current policy around sleep and rest for children.

Soteria Safe Sleeping Advice runs on-site education sessions and half and full day workshops specifically aimed at the Education and Care Services.

To discover how Soteria Safe Sleeping Advice can meet your Centre's specific needs, visit www.soteriasafesleepingadvice.com.au/education; email education@soteriasafesleepingadvice.com.au or call Jill Green on 0417 332 009

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