



# SOTERIA

## SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 6

March 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.



### [Soft toys and blankets in cots – potential comforter or hazard?](#)

Did you know that **over a third** (36.2%) of childcare educators attending our workshops who are either experienced workers or students, believed this to be an acceptable practice for infants under six months?

[Learn more](#) about the risks associated with this practice.



### **National Regulations** **Regulation 168**

### [What's the Education and Care Services National Regulation 168 and what does it mean for your Centre – and you?](#)

This Regulation has been in place for over a year now and it's important that educators are aware of its impact on your Centre and its practices, especially for Safe Sleeping.

[See below](#) for more...



### [Launch of Soteria Safe Sleeping Advice website](#)

We're excited to launch our brand new website.

Regular blogs on topics relating to Safe Sleeping best practice and the evidence base behind them are posted to keep you abreast of current information.

[Check it out below.](#)



### [Pregnancy, Babies & Children's Expo – what a weekend!](#)

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](#)

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## **Soft toys and blankets in cots – potential comforter or hazard?**

This is a question we pose in our workshop evaluations.

As the Red Nose guidelines recommend no soft toys or comforters are placed in cots, especially for children under six months of age, it is somewhat confronting to discover that **over a third** (36.2%) of childcare educators attending our workshops who are either experienced workers or students, believed this to be an acceptable practice.

As simple as it may appear, this **is** a complex question, but one that needs more discussion, especially in our role as educators.

A number of factors need to be considered – what can be described as a comforter? Is it a soft toy or a cloth/blanket? Does it have loose stitching that could present a choking or strangulation hazard? What is the individual child's developmental stage and what are their needs?

Then there is your role as an educator – have you engaged with the infant's parent to discuss safe sleeping recommendations or your Centre's Safe Sleeping and Rest Policy? Do you have a policy? Do you document the use of comforters in the child's records?

We suggest you

- ❖ **look at the research** and understand why soft toys or a cloth/blanket may be beneficial and why they may create a potential hazard.
- ❖ **undertake a risk assessment of the individual** and **document**. It is important to consider the questions highlighted above.

❖ **ensure as an educator that what you do in your practice, and what you role model to parents, can be safely done in the home environment.**

Continuous education is key in ensuring the children in your care are safe. Following discussion in the workshops of the risks and perceived benefits of this practice, our evaluation revealed over 85% (86.3%) now understood the importance of this Safe Sleeping recommendation.

You can read more about this topic on our website's blog:

<https://www.soteriasafesleepingadvice.com.au/blog/soft-toys-or-blankets-in-the-cot-comfort-or-hazard>

We offer in-service training and you can find more on our website

<https://www.soteriasafesleepingadvice.com.au/education> or

<https://www.soteriasafesleepingadvice.com.au/training-program>

If you would like further information, please contact us at

[education@soteriasafesleepingadvice.com.au](mailto:education@soteriasafesleepingadvice.com.au)

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

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**What's the Education and Care Services National Regulation 168 and what does it mean for your Centre – and you?**

The [Education and Care Services National Regulation 168](#) has been in place for over a year now and educators should be aware that they need to be 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.

We ran successful workshops in a number of locations last year and with more planned for 2019. Our next full day workshop is scheduled for **Friday 10 April** at Box Hill Institute Lilydale Campus with a half day Safe Sleeping for Infants and Young Children 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](http://www.soteriasafesleepingadvice.com.au)

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

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## Launch of Soteria's New Website

We are delighted to invite you to visit our brand new website! You will find information not only about who we are and what we offer but regular blogs on a range of topics to answer questions about providing a safe sleeping environment for infants and young children, and frequently asked questions [FAQs] about our workshops and safe sleeping.

Click here to see [www.soteriasafesleepingadvice.com.au](http://www.soteriasafesleepingadvice.com.au)

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

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## Pregnancy, Babies & Children's Expo – what a weekend!



In a first for the Pregnancy, Babies & Children's Expo, Soteria Safe Sleeping Advice was invited by the PBC Expo organisers to join their colleagues from River's Gift, Safe Sleep Space and Nourish Baby at the first ever Advice Centre for Pregnancy Health & Settling & Safe Sleeping.

Visitors to the Expo were able to pop by to the "one stop shop" and have their questions answered – whether it was why is back sleeping safest, or 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 Advice Centre attracted parents, grandparents, childcare educators, health professionals and others who were keen to learn safe sleeping practices for the infants in their care. The Centre was packed for both days!



It was exciting to see dads who were 'along for the ride', become thoroughly engaged and eager to hear the importance of ensuring a safe sleep environment for their baby.

We were excited to be a part of this wonderful initiative of the PBC Expo and, together with our colleagues, can't wait for the next Melbourne Expo in October.



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

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## **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](http://www.soteriasafesleepingadvice.com.au/education); email [education@soteriasafesleepingadvice.com.au](mailto:education@soteriasafesleepingadvice.com.au) or call Jill Green on 0417 332 009

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