



SOTERIA

SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 4

September 2018

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.

This month's top story



To tilt or not to tilt? – that is the question

If any babies in your care suffer from reflux, is tilting a simple solution? [Learn more](#) about the risks of tilting or using devices to tilt an infant.



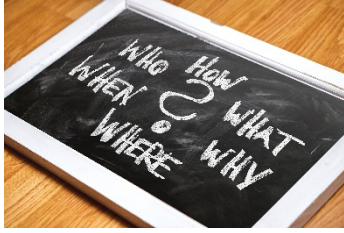
Be aware and share ... the dangers of using baby bean bags as bedding

The rising popularity of baby bean bags has prompted the ACCC/Product Safety to issue warnings about the potential risks associated with these products. [Find out more below](#)



Be aware and share ... Target recall of \$10 two-way zip baby coveralls

Ensure your families are aware of the potential hazards of this Target baby coverall range. To learn more, [click here](#)



Childcare education is more than the 3 R's – it's also the 3 P's!

The 3 P's are Safe **Practice**, Safe **Place**, Safe **Product** – and now includes Safe **Policy**.

To learn more about the training Soteria can provide, [click here](#).



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](#)

To tilt or not to tilt – that is the question

Many parents and carers of infants believe that placing an infant in a tilted or elevated position, whether it be in their cot or by using a product such as a beanbag or recliner or bouncinette, can reduce the symptoms of reflux, colic or wind; however, this practice can be dangerous and lead to fatal sleeping accidents.



Elevating the sleeping surface for back sleeping babies **does not** reduce GOR (reflux) and is not recommended



Babies with reflux should be placed to sleep on their back from birth on a **firm, flat mattress that is not elevated**.

Some manufacturers advertise that tilted products such as bean bags may assist with preventing reflux. Research, however, confirms that tilting/propping an infant does not reduce reflux and, if used as a sleep environment or when baby is not being supervised may create a potential suffocation risk¹.

Potential Hazards:

- Children can suffocate if bean bag filling escapes and is swallowed or inhaled.
- The polystyrene beads that fill the bean bag can contour around a baby's or young child's face, covering their mouth and nose and blocking the airways.
- When an infant falls asleep in a propped up device, their head can fall forwards, pushing the chin down towards the chest. This can lead to the airways becoming 'pinched' and restricting airflow leading to positional asphyxiation.

Bean bags, recliners or bouncinettes should only be used under the strictest supervision for infants and young children and only when they are awake.

Sleep infants and young children on a firm surface, which is clean and flat – not tilted – at all times.

Safety concerns about some products have been raised in the stories below

¹Ref Moon RY, Task Force On Sudden Infant Death S. SIDS and Other Sleep-Related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleeping Environment. *Pediatrics*. 2016;138(5)

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

Be aware and share ... the dangers of using baby bean bags as bedding

Bean bags, bean bag covers, and the packaging of bean bag filling are subject to a consumer product safety standard to protect young children. A warning label or notice must be visible on all bean bags, bean bag covers, and the packaging of bean bag filling as follows:

“WARNING: Children can suffocate if bean bag filling is swallowed or inhaled. Do not let children climb inside this bean bag. A bean bag is not a safe sleeping surface for an infant under 12 months of age.”

There has been a recall of several bean bag type products recently.

These include

- Jelly Beanz Bean Bags — Indoor Bean Bag
- Beatie Kidz — Kids Bean Bag Liner
- Cocoon Couture Bean Bag Ted Turtle Blue
- Bean Bag liner sold by eBay seller igrabaustralia (no image)
- Hip Kids RED Brady 1-Seater Bean Bag
- Kellmart Pty Ltd — Baby bean bag

Below is a list of those subject to the recall notices – click on the photo to learn more about each product.

AQUA COLOUR



Jelly Beanz Bean Bags —
Indoor Bean Bag



Beatie Kidz — Kids
Bean Bag Liner



Cocoon Couture
Bean Bag Ted Turtle



Hip Kids RED Brady 1-Seater Bean Bag



Kellmart Pty Ltd — Baby bean bag

Recalled	Product	Website
Aug 2018	Jelly Beanz Bean Bags — Indoor Bean Bag	https://www.productsafety.gov.au/recall/jelly-beanz-bean-bags-indoor-bean-bag
Aug 2018	Beatie Kidz — Kids Bean Bag Liner	https://www.productsafety.gov.au/recall/beatie-kidz-kids-bean-bag-liner
Sept 2018	Cocoon Couture Bean Bag Ted Turtle	https://www.productsafety.gov.au/recall/cocoon-couture-pty-ltd-cocoon-couture-bean-bag-ted-turtle-blue
Aug 2018	Hip Kids RED Brady 1-Seater Bean Bag	https://www.productsafety.gov.au/recall/hipkids-red-brady-1-seater-bean-bag
Sept 2018	Kellmart Pty Ltd — Baby bean bag	https://www.productsafety.gov.au/recall/kellmart-pty-ltd-baby-bean-bag

Bean bags of any kind should **never** be used for a baby to sleep or nap in, as this could cause suffocation or choking.

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

Be aware and share ... Target recall of \$10 two-way zip baby coveralls

Target has issued an urgent recall of their \$10 two-way zip baby coveralls/onesie sold between February and June 2018 because:

- ✗ The zip puller may break due to a quality issue.
- ✗ **Potential Hazard:** Broken zip puller may pose a choking/ingestion risk to infants.
- ☑ Stop using the product and return the product to Target.

For more information: <https://www.target.com.au/product-safety-recall/two-way-zip-baby-coveralls>

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.

We have a workshop scheduled for

- [Thursday 27 September](#) at Holmesglen Institute Moorabbin Campus and others planned for
- [Thursday 4th October](#) at Federation Uni Mt Helen (Ballarat) and
- Burwood in October. (More on this when dates are confirmed)

Our professional development sessions provide early childhood education and care services with clear evidence-based information and guidelines on how to create a safe sleeping environment and deliver safe sleeping practices for all infants and young children.

Topics include:

- the Triple Risk Theory;
- care of a sick or unsettled infant;
- why the back position is the safest position;
- what to do when an infant starts to roll;
- swaddling/wrapping;
- prevention of plagiocephaly (flat head);
- effective supervision;
- when to move a young child from a cot to a bed or mattress; and
- dealing with conflict/handling parents' concerns.

To discuss how Soteria Safe Sleeping Advice can meet your Centre's specific needs, email education@soteriasafesleepingadvice.com.au or call Jill Green on 0417 332009

Workshops

WORKSHOP 1

"Safe Sleeping for Infants and Young Children" has been designed specifically to:

- Increase knowledge and understanding of the importance of employing the safe sleeping principles in their own practice
- ensure all those who care for infants and young children are aware of the best practice guidelines to reduce the risk of Sudden Unexpected Death in Infancy (SUDI) including SIDS and sleeping accidents
- to support a consistent and national approach and to create a safe sleeping

environment for all infants and young children

WORKSHOP 2*

“From Regulation to Our Practice- developing a healthy Safe Sleeping policy and implementing best practice”* has been designed specifically to:

- develop confidence in planning and developing a safe sleeping policy document and tools for practice
- build your capacity to implement and deliver effective safe sleep policy and tools into your practice
- explore challenges and opportunities and the ways in which these influence legal and ethical responsibilities, including reporting and documentation requirements

Soteria Safe Sleeping Advice

Our Vision and Mission

Our vision for ***all children to have the right to a safe sleeping environment*** will be achieved through building knowledge and understanding of safe sleeping practices for all caregivers to protect children from harm. Our mission is to support professionals and their practice, particularly in the context of their knowledge and understanding of Safe Sleeping practices.

Our guiding principles

Our approach to undertaking this work rests on the following understandings:

- The content will be based on current evidence based research
- The content will align with current National Standards, policy and best practice

Our credentials

Our principals possess a very strong background in developing safe sleeping guidelines based on scientific evidence-based information, in collaboration with researchers and other key players in this field. These guidelines form the basis for national standards for education and practice as well as informing community health campaigns.

Between them, they have over thirty years of safe sleeping knowledge garnered through their work with Red Nose, renowned for its successful Safe Sleeping health promotion campaign. With a history in nursing to underpin this knowledge, they have been instrumental in developing policy which is embedded into maternal child health practice and other national standards.

They are influential in developing resources for professionals and families, advocating for changes in policy and practice, in both the safe sleeping and bereavement support spheres.

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