



# SOTERIA

## SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 3

August 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



#### **Injuries to infants under 1 from falling – recent research shines a spotlight on this issue**

[Learn a little more](#) about our responsibility as educators.



#### **Be aware and share ... prams and strollers can roll away into potentially hazardous situations.**

It can take just one second of distraction – prams and strollers not under the control of parents or carers can roll away into potentially hazardous situations. It happens numerous times a year.

[See below for information](#) you can share with your families.



#### **We have a Safe Sleep policy – Check ✓???**

But does your practice mirror the guidelines?

A study published this year reveals non-parental care givers – yes, that includes some educators – may not be following the evidence-based safe sleeping recommendations. [Read more about it here.](#)



## Are your policy and procedures in line with the new regulations?

Are your staff regularly updated with the latest evidence-based safe sleeping information?

Soteria Safe Sleeping Advice runs in service education sessions and workshops to ensure all educators have access to the most current safe sleeping recommendations. [Click here to learn 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](#)

## Injuries to infants under 1 from falling

We know falls in infancy are a common cause of injury.

This is borne out by recent research undertaken in Australia over a 3-year period that reviewed 916 infants presenting to a paediatric trauma centre in Sydney after a fall. Head injury was the most common reason for admission (85%).

The most common cause of falls in infancy involved a fall from a short distance, either from being dropped by an adult or from falling from furniture or bedding. Infants who fell from furniture such as beds, chairs, couches and change tables had significantly longer hospital stays, and infants dropped by the carer were three times more likely to be admitted than other fall types (95%). A small proportion of these falls were classified as non-accidental.

Because infants are pre mobile or have limited independent mobility, falls are more directly the responsibility of the care giver.

This places the onus of us, as care givers, to be vigilant when changing infants or placing them in situations where falls can happen.

Mulligan, C. S., Adams, S., Tzioumi, D. and Brown, J. (2017), Injury from falls in infants under one year. *J Paediatr Child Health*, 53: 754-760. Doi:10.1111/jpc.13568

School of Women's and Children's Health, University of New South Wales, Sydney, New South Wales, Australia

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

## Be aware and share ...

**It can take just one second of distraction – prams and strollers not under the control of parents or carers can roll away into potentially hazardous situations.**

**It happens numerous times a year.**

A pram should not be used as a permanent place to sleep baby. Baby should **always be supervised** whilst in a pram. Never leave baby alone! But - are your families aware?

Families should know:

- All prams must have a suitable tether strap. These are **NOT** to be used to keep a young child walking close to you! Always keep the strap around **your** wrist. To reduce the risk of pram roll-away incidents, always keep the tether strap around your wrist and engage the brakes every time you stop.
- Put on the brakes when stationary and always park the pram or stroller parallel to hazards, such as water or railway tracks to prevent rolling into danger. Metro Trains Melbourne reminds carers when waiting at the platform remember to always turn your pram parallel to the tracks, brakes on and keep a hold of your pram at all times and board where the driver can see you.
- Prams should not be used as a sleep environment in your service. If a young baby will only settle whilst in a pram, educators should remain with the baby until they settle and when the baby is asleep, place them into a safe cot with the sides in the up position. Sleep baby on their back on a flat surface that is not tilted.
- Never hang shopping bags on handles or carry extra children as doing this can tip the pram or stroller over.

A pram needs to comply with the current mandatory AS/NZ Standard 2088:2000.

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

## Safe Sleeping Policy

✓ Check your Child Care Service have a Safe Sleeping Policy and ever one is aware and follows it!

A recent study reveals unsafe sleep practices among babysitters, relatives and friends. The researchers reviewed more than 10,000 infant deaths and found that 1,375 occurred when a parent was not present. Among those 1,375 cases, they determined:

- Babies were less likely to be placed on their back, the sleep position recommended than when under parental care.
- Babies were more likely to be placed in sleep environments with objects that might prove hazardous.
- Only 72.5 percent of licensed childcare providers placed the babies in a crib or bassinet, as recommended. Among babysitters, this number was 49.1 percent. Among relatives, the number was only 29.4 percent, and among friends it was 27.1 percent
- Only 54.1 percent of childcare providers had placed infants in the recommended supine position (on the back), compared with only 38.4 percent of relatives, 38.6 percent of friends and 37.8 percent of babysitters.

✓ Check grandparents, and every carer, are aware, and up to date with, the safe sleeping recommendations.

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

Lagon, Elena; Moon, Rachel Y.; Colvin, Jeffrey D. (2018). Characteristics of Infant Deaths during Sleep While Under Nonparental Supervision. J Paediatr Child Health, Volume 197, Pages 57–62.e36 DOI:

### **Workshops – Safe Sleeping Education for Education & Care Services**

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 recently ran successful workshops in the CBD, St Albans and Geelong and have one scheduled for **Thursday 27 September** at Holmesglen Institute Moorabbin Campus with others planned for Ballarat and Burwood in October. For more information on our education sessions and workshops, [click here](#)

### **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.

## Education Sessions

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](mailto: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  
and
- 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

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

Phone: 03 9304 3340

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