



SOTERIA

SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 8

May 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.



[To Sling or Not to Sling](#)

Every parent's desire is a contented babe and every parent also wants to make sure their babe is safe.

As educators, you play a key role in ensuring the families whose children you care for are provided with evidence-based information on which to base

their decision when purchasing baby products, especially ones where no mandatory standards apply.

[More information here](#)



[Spreading the word – Safe Sleeping Education for Geelong](#)

Soteria has been invited by River's Gift to pilot a safe sleeping education program being trialled in the Geelong region and aimed at midwives and paediatric nurses, as well as expectant and new parents. [Find out more below](#)



[Pregnancy, Babies & Children's Expo – gears up for Brisbane!](#)

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](#)

To sling or not to sling



Photo courtesy of Kidsafe SA

Every parent's desire is a contented babe and every parent also wants to make sure their babe is safe.

As educators, you play a key role in ensuring the families whose children you care for are provided with evidence-based information on which to base their decision when purchasing baby products, especially ones where no mandatory standards apply.

The tragic death recently of an infant being carried in a sling has highlighted how important it is for parents to be aware of how to **use baby products safely**.

In trying to juggle the needs of their baby with the demands of running a family in today's busy world, parents can be confused with the vast array of baby products being sold – what is safe and what is not?

Baby wearing devices such as slings and baby carriers are often used by parents to help get things done while keeping baby happy. The downside to this common practice is that there have been deaths ([sadly, one recently in NSW](#)) and injuries here in Australia and overseas.

So it is important, when parents are thinking about a product such as these, they are able to make an informed decision based on the best evidence available.

We pose some questions below for parents to ask so they can assess the pros and cons and decide if using these products is right for them and their infant.

- **Is the product I am choosing safe?**
- **What are the potential benefits or risks for this product?**
- **What is baby doing in this product?**
- **Am I using this product safely – for baby and for me?**

To learn more, check out our blog here and please feel free to pass this link on to parents or other carers.

<https://www.soteriasafesleepingadvice.com.au/blog/to-sling-or-not-to-sling>

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

Spreading the word

Ensuring childcare educators like you and other 'influencers' such as midwives and paediatric nurses are hearing a consistent infant safe sleeping message is an imperative for Soteria Safe Sleeping Advice.

As role models to new parents, you and your colleagues in the health field are key to making sure the safe sleeping advice they receive is aligned with Red Nose guidelines.

Soteria has been invited by [River's Gift](#), based in Geelong and established to raise funds for research into reducing infant deaths, to pilot an education program aimed at midwives and paediatric nurses, as well as expectant and new parents. This is being trialled in the Geelong region and two sessions have already been held.

New parents from the Geelong Epworth Private were invited to hear a presentation from Jill Green, who has been instrumental in developing the Red Nose health campaign before establishing Soteria, together with [Safe Sleep Space](#) who are well known for their settling advice. The nearly thirty mums [plus bubs] appreciated the opportunity to learn more and seek answers to their safe sleeping and settling questions.

Barwon Health hosted safe sleeping training for their paediatric nurses who found the session to be both illuminating and informative. Feedback has been overwhelmingly positive with the staff wanting more!

More sessions are planned for this region with the hope that the opportunity to support families and professionals with a consistent, evidence-based safe sleeping message will be rolled out both state-wide and nationally.

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

[Pregnancy, Babies & Children's Expo](#) – gears up for Brisbane!



The Pregnancy, Babies & Children's Expo's Advice Centre for Pregnancy Health & Settling & Safe Sleeping, a "one-stop shop" for parents, grandparents, childcare educators, health professionals and others keen to learn safe sleeping practices for the infants in their care, has just had another successful weekend in Sydney and is gearing up to do it all again in Brisbane from June 28 to June 30 .

Soteria Safe Sleeping Advice and our colleagues from River's Gift, Safe Sleep Space and Nourish Baby are expecting the same high level of interest they have seen in

Melbourne, Adelaide and Sydney so if you have any friends or colleagues in the Sunshine State, let them know where 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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