



SOTERIA

SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 1

July 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

Big W Portacot Recall



Big W has recalled Dymples Portacots from stores in Australia after it found this portacot does not meet safety standards and could cause serious infant injuries.

Are parents attending your service [aware of the risks?](#)

Check Portacots in your service and [click here](#) for further information about this recall.



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](#)

What you need to know about Portacots

With the school holidays now upon us, our lives can become more hectic – we may be leaving our children with babysitters as we shop, visiting family and friends, or travelling.

It is a time, as educators, we can slow down the pace ... STOP and help parents and families in our community prepare for the holidays. It is an important time to discuss safe sleeping with parents and send them home with the information they need to help make a considered choice.

Are they aware certain sleep environments such as old or second hand cots or portable cots, adult beds, couches, sofas, or bunk beds are unsafe for infants and young children, or that co-sleeping with other children or adults increases the risk of accidents and death?

Portable cots are also known as portacots, folding cots or travel cots

Portable cots are designed for temporary use and are a safe alternative when travelling or visiting.

Portable cots may also be used in family day care.

Any portable cot should:

- Comply with the mandatory Australian New Zealand Standard AS/NZS 2195 for portable cots (folding cots)
- Not be older than nine years as it may not meet the current Australian & New Zealand Standard
- Have the instructions on how to assemble and use the portable cot safely – read instructions carefully
- Have locking mechanisms that are secure
- Use only the firm, thin, well-fitting and flat mattress that is specifically designed for that portable cot
- Never have a second mattress or extra padding added under or on top of the mattress

Portable cots are subject to more wear and tear due to folding. This can cause safety hazards so

- Check for signs of damage
- Check the mesh sides are intact

Do not use a portable cot if your child weighs more than 15kg (or check instructions of your particular model).

Children who can stand confidently in a cot, shake the sides and ends and attempt to climb out are usually ready for a low bed or a toddler bed.

For more information, visit the Australian Government Product Safety website at <https://www.productsafety.gov.au/recall/big-w-dymples-portacot>

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.

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

3/30 Churchill Street, GLENROY VIC 3046

Phone: 03 9304 3340

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