



# SOTERIA

## SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 10

January 2020

A newsletter brought to you by Soteria Safe Sleeping Advice

**W**elcome 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.

**With the horrific summer conditions so much of our country is suffering, all of us at Soteria and our partners are hoping all Centres and their families and staff are safe and well, and for those affected, you receive all the support you need to continue your important work.**



### Summer's back – and it's really heating up!

Recent news where, tragically, young children have died when left unattended in vehicles brings these dangers in sharp focus. With temperatures tipped to hit record heights this summer, it is even more important to remind parents and caregivers of the risks, regardless of how briefly they leave their child.

**Remember**, the temperature inside a parked car can rise and reach dangerous levels in a very short time. Inside a parked car can be up to **30 degrees hotter** than the outside temperature, even if you leave the windows rolled down slightly, and even on a mild or overcast day.

[More information here](#)



### New Year – new training opportunities

As the new year begins to gather momentum, in this brief window before things gear up into the usual hectic can be an opportune time to review your training needs.

Analysing our training over the past twelve months has highlighted that 92% of participants believed their understanding of current safe sleeping recommendations had increased.

[Learn more below](#)



### [Does covering your pram with a blanket carry more Cons than Pros?](#)

Parents are increasingly covering prams with blankets or materials to shield their infant in a pram, whether outdoors or inside such as a shopping centre or home where sun exposure is not an issue. **Is it safe or not?**

We know how rapidly cars heat up on a hot day, but does covering your infant's pram with a blanket or cloth create a heat hazard?

[Click here to find out more](#)



### [Spreading the safe sleeping message](#)

A major goal for Soteria Safe Sleeping Advice is to ensure as many parents, caregivers and health professionals like yourself receive the latest evidence-based messaging on sleeping infants and young children safely.

[Check out some of the positive feedback](#) our Stand received.



#### **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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### [New Year – new training opportunities](#)



As the new year begins to gather momentum, in this brief window before things gear up into the usual hectic can be an opportune time to review your training needs.

The National Quality Framework (find out more here) has required all childcare centres to have policies and procedures in place which reflect Safe Sleeping recommendations since October 2017, but how confident are your staff, both new and old, with their safe sleeping practices?

Over the past twelve months, Soteria Safe Sleeping Advice has undertaken training for over 300 childcare educators and others, many of whom considered themselves to be well-informed about the safest way to sleep the infants in their care. It came as a surprise to us,

and no doubt to them too, that 82% realised their knowledge was not as current as they believed and a significant 92% reported the level of their understanding had increased substantially after the workshop.

Soteria Safe Sleeping Advice runs both in-house sessions to suit your Centre's specific time restraints as well as workshops throughout the year at various sites in both metropolitan and regional areas.

To gauge how current your staff's awareness of safe sleeping practices is, email us for a short questionnaire which will give you a quick snapshot. For further information on how we can help, call Jill Green on 0419 332 009 or email [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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### Does covering your pram with a blanket carry more Cons than Pros?

**We know how rapidly cars heat up on a hot day, but does covering your infant's pram with a blanket or cloth create a heat hazard? Is it safe or not?**

Parents are increasingly covering prams with blankets or materials to shield their infant in a pram, whether outdoors or inside such as a shopping centre or home where sun exposure is not an issue.

The practice of placing blankets or coverings over the pram or stroller can reduce ventilation and airflow and raise the temperature around the infant, increasing the risk of thermal stress (overheating), rebreathing of exhaled carbon dioxide and reduction in their ability to arouse.

Cancer Council's list of recommendations include: "**Seek shade**, if baby is outdoors, keep baby in the shade...check that the hood can be adjusted, so it can block out the **direct sun**. For the best protection, pram shade covers should completely cover the pram and be made of densely woven fabric that combines a mesh section – so the baby can see, and you can see baby and air can circulate – and a shade fabric section"<sup>[1]</sup>. Covering a baby in a pram with a "light sheet" whilst "ensuring adequate ventilation" was only recommended in circumstances **when baby was exposed to direct sunlight**<sup>[2]</sup>.

**Soteria Safe Sleeping Advice** recommends that infants are safest placed on their back on a flat surface in the pram, dressed appropriately to the room or environmental temperature with their **head and face uncovered and airways clear**. Following this advice to keep your infant's head and face uncovered also allows parents /carers to observe and check their infant regularly.

[Learn more here](#)

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

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## Spreading the safe sleeping message

A major goal for Soteria Safe Sleeping Advice is to ensure as many parents, caregivers and health professionals like yourself receive the latest evidence-based messaging on sleeping infants and young children safely.

It has been rewarding this year to have been part of the Pregnancy, Babies and Children's Expo as the Expos rolled around the country. This year saw nearly 100,000 visitors to the Expos with 95% rating PBC Expo as a trusted source of parenting information and 86% feeling more prepared or better informed after their visit

As the countdown begins for the 2020 Pregnancy, Babies and Children's Expos – Melbourne's first is just around the corner – we are excited the organisers have invited us back for another year to help spread the safe sleeping message. While still being finalised, we will be joined by other experts to give all caregivers, be they parent, grandparent, babysitter or professionals, information on how it's safest for baby to sleep.

The Advice Centre for Pregnancy Health & Settling & Safe Sleeping, with our partners River's Gift and Safe Sleep Space, was a popular stop for many visitors and positive comments received (see below) confirmed our commitment to this year's Expos.

- *Soteria Safe Sleeping Advice and their demonstrations because they explained everything possible about sleeping and products.*
- *The safe sleeping practices was my favourite exhibitor and I found her talk very beneficial*
- *We were only there for a couple minutes but we got so much information at the sleep safe stand. Definitely know what to look out for and be conscious of for safe sleep.*
- *Safe Sleeping and Settling Advice Centre - the person gave very good tips about baby sleep safety and also how to look out for a sound cot for purchase.*

For your free ticket to the Melbourne Expo from February 22-23, [click here](#)



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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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