



SOTERIA

SAFE SLEEPING ADVICE

All children have the right to a safe sleeping environment

Issue 9

October 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.



Unsafe Products – showing parents why

With the increasing number of infant sleeping products and accessories flooding the market, it can be confusing and difficult for carers to know what is safe and what is not and how to figure out the difference.

[More information here](#)



Partnering to spread the safe sleeping message

The past twelve months has been an exciting time for Soteria – we have partnered with several organisations to bring evidence-based safe sleeping recommendations to the community as well as working with industry bodies looking at product safety.

[Find out more below](#)



As an educator and influencer, how can you counter unsafe sleeping practices?

How do you balance the parent's wishes against your Service's safe sleeping policy and practice, not to mention your own knowledge and experience as a well-informed educator?



[Pregnancy, Babies & Children's Expo – rolls back into Melbourne this month!](#)

Come to the Pregnancy, Babies & Children's Expo between **Friday 18 to Sunday 20 October** and visit Soteria Safe Sleeping Advice at the 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](#)

Unsafe Products – showing parents why

With the increasing number of infant sleeping products and accessories flooding the market, it can be confusing and difficult for carers to know what is safe and what is not and how to figure out the difference.

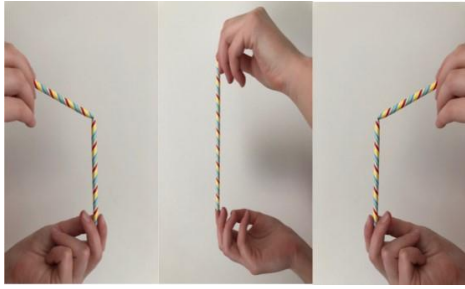


An example is recently, an infant product manufacturer in the US has voluntarily recalled its pillows and head and neck support accessories¹ which had been sold to use in car restraints, bouncinettes or pushers because of the risk of suffocation as babies have died from suffocation or positional asphyxia, or they have been injured. Using padding, pillows and cushions that surround the head or neck other than those supplied by the manufacturer with the child car restraint **are not** recommended.

One of the well-known safe sleeping recommendations is no pillows, no bumpers, no soft toys in the sleeping child's cot because of the hazards they present, but there is no law to stop them being sold or used.



¹ <https://www.legalreader.com/the-boppy-company-recalls-14000-head-and-neck-support-accessories/>



As an educator and influencer of parental modelling, you can demonstrate the risks with using these products simply by using a straw!

We know the safest way to sleep a baby is on its back – the straight straw where air is easily sucked through is an excellent visual to explain this most important of guidelines.

Chin to chest position caused by using pillows or tilting can lead to airway obstruction



By showing parents how a baby's tiny airways can be constricted very easily by their little head being pushed into the chin-to-chest position, it is a very graphic way to demonstrate the risks these products present. Ask them to suck through a bent straw and see how hard it is to get air through – this is what happens to a baby when their neck is pushed forward.

Head pushing chin forward to chest position can cause airway obstruction



Through such simple tools as these, your role modelling can empower parents to assess nursery products and accessories and decide for themselves if they are right for their baby.

[Visit our website](#) to learn more about why these products should not be used.

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

Partnering to spread the safe sleeping message

The past twelve months has been an exciting time for Soteria – we have partnered with several organisations to bring evidence-based safe sleeping recommendations to the community as well as working with industry bodies looking at product safety.

Together with **River's Gift**, a leading SIDS research funding charity, Soteria is piloting a safe sleeping education program in the Barwon region. As role-modellers for parents, childcare educators are keenly aware of their influence on how parents practise safe sleeping. This is equally so for midwifery staff, especially in those heady first days of parenthood and Soteria and River's Gift have been running workshops at both Barwon Health and Epworth Geelong hospitals to gauge the depth of safe sleeping knowledge and how midwives engage with new parents. We have also presented both ante- and post-natal sessions for parents focussing not only on safe sleeping but product safety, and how parents can assess the risks of some products currently on the market. Given the positive feedback from both professionals and parents, we are looking to roll this out as a state-wide program.

We are also currently undertaking a series of safe sleeping workshops with the **Queen Elizabeth Centre**, well known for helping babies (and parents!) learn good sleeping patterns. These are being held in several locations and, as experienced group of practitioners as these childcare educators are, they are relishing the opportunity to refresh their skills and learn new information about the evidence behind the safe sleeping recommendations.

On a broader front, the **Pregnancy, Babies and Children's Expos** held around the country has provided a wider platform for educating caregivers on safe sleeping and product safety and, again, we were invited by River's Gift, along with Safe Sleep Space and Nourish, to join their **Advice Centre for Pregnancy Health and Settling and Safe Sleeping**. Connecting with families, health professionals, manufacturers and suppliers has offered an opportunity to demonstrate the evidence behind the safe sleeping recommendations and how improving product safety is an important element in reducing infant deaths.

Lack of industry safety standards for nursery products is a major issue and one about which Soteria raises concerns regularly as infant sleeping products and accessories are recalled. As a member of an advisory group to the nursery product industry body, INPAA, Soteria has been working with a range of safety experts, manufacturers and others to develop guidelines for manufacturers and suppliers to use. There is a lot of work to be done in this area as more and more unsafe products are sold both in-store and online without any mandatory standards to protect infants from harm.

These, and other projects, are important to us to further increase infant safety and reduce the incidence of infant deaths and we will keep you updated with their progress.

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

As an educator and influencer, how can you counter unsafe sleeping practices?



You may occasionally have parents ask you to sleep their infant in a way that **you know** is unsafe.

How do you balance the parent's wishes against your Service's safe sleeping policy and practice, not to mention your own knowledge and experience as a well-informed educator?

Evidence-based information is key to helping explain safe sleeping to parents or other carers and having the tools to do this in a simple, uncomplicated way makes it easier. Knowing the 'why' behind it backs up the 'why' you practise safe sleeping.

Having clear, concise policy to underpin your practice gives you the 'how' to follow those safe sleeping recommendations and assures parents and regulators your Service not only 'talks the talk but walks the walk'.

Soteria Safe Sleeping Advice runs regular workshops for childcare educators to update your knowledge and skills – these can be half or full days and are designed to provide participants with the tools to assess your understanding of safe sleeping practices, the evidence behind the recommendations and why having a strong safe sleeping policy empowers you to incorporate safe sleeping guidelines into your daily practice.

These workshops can be in-house at a time which suits your Service or you can attend workshops we run in various locations during the year.

To learn more, [click here](#)

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Pregnancy, Babies & Children's Expo rolls back into Melbourne!



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 been to every capital city nationally and returns **18 to 20 October** to Melbourne.

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 this year so come along to have your safe sleeping questions answered!

To register for your free ticket, [click here](#) – we look forward to meeting you!



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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; email education@soteriasafesleepingadvice.com.au or call Jill Green on 0417 332 009

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