

SAFE SLEEPING POLICY

1. Background

Sudden Infant Death Syndrome or "SIDS" means the sudden, unexpected death of a baby from no known cause. SIDS is the most common cause of death of in babies between one month and one year of age. Most babies who die of SIDS are under 6 months. More babies die of SIDS in winter than in summer.

It is still not clear what causes SIDS. Some factors have been identified as working together to reduce the risk of SIDS, but they may not help to prevent any one SIDS death. Since the "Reducing the Risk of SIDS" program was introduced in Australia in 1991, SIDS deaths have dropped by about 70% to about 140 per year.

(SIDS and Kids Victoria)

2. Risk Factors

The main risk factors thought to contribute to SIDS are:

- cigarette smoke
- sleeping babies on their sides or stomachs
- soft or loose bedding and toys which could restrict a baby's breathing, and
- overheating.

3. Reducing the Risk Factors

Staff members in the Possums Room at Annie Dennis Children's Centre care for children aged from 6 months of age.

Staff members will reduce the risk of SIDS by:

- maintaining a smoke free environment
- placing children to sleep on their backs. Older children who turn over and move around the cot will be placed on their back to sleep but then left to find their own sleeping position
- placing the child's feet at the bottom of the cot, tucking in the bedclothes securely so that the bedding is not loose and ensuring that quilts, doonas, pillows, cot bumpers and toys are not in the cot
- checking children every ten minutes to ensure that the child's face and head stays uncovered during sleep
- monitoring a child's temperature to ensure that the child does not become too hot when sleeping
- ensuring the mattress is firm and fits the cot well, and
- not placing cots near hanging blinds, curtains or electrical appliances.

The Director of the Centre will:

- ensure that all cots meet the Australian Standards for Cots for day nursery, hospital and institutional use (AS/NZS 2130:1998), and
- replace any cots and/or bedding that do not meet the above mentioned standards.

4. In an Emergency

All staff members employed at ADCC are trained in first aid.

If a child is found not breathing, the following steps will be taken:

- a staff member will commence resuscitation immediately
- another staff member will call 000 for an ambulance and inform the operator that a child at the Centre is not breathing and is being resuscitated and provide the address of the Centre
- the Director (or person in charge at that time) will be notified
- a staff member will stand at the front entry to guide ambulance officers to the appropriate room,
- children in the room will be taken to another area, and
- the Director will notify the parents, explain what has happened and organise transport to the Centre or hospital.

If resuscitation fails, the ambulance officers will be requested to stay with the baby until the parents arrive. This will allow the parents to speak with the ambulance officers as well as with the staff members who had care of their child. The Director will notify and liaise with the police.

The Director will organise counselling for staff members, the parents and other families by contacting the City of Darebin and SIDS & Kids organisation on 1300 308 307.

The **Safe Sleeping policy** is linked to the *National Early Years Learning Framework*.

Outcome 1 Children have a strong sense of identity:
Children feel safe, secure and supported

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Next review date: October 2007

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Next review date: August 2010

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Key Source Documents

SIDS and kids safe sleeping childcare kit (November 2005)

SIDS and Kids Updated brochure (2010)