

Quality in Practice

An early childhood education and care newsletter on quality improvement

This issue we are focusing on **Quality Area 2.2** and how to ensure children are protected through safe sleep practices.

Below, you'll find an article from Red Nose, on how safe sleep practices save lives, a service feature on Explore and Develop Epping Road, a guide to the Child Safe Standards and lots more.

For the latest COVID-19 advice please visit the [COVID-19 guidelines for ECEC services](#).

Quality Area 2.2



Safe sleep practices save lives

Red Nose outlines how to ensure your practices are guided by best practice advice and what steps to take to set up a safe sleeping environment.

[Click through to read more](#)

Explore and Develop Epping Road

Explore and Develop Epping Road, a long day care service from North Ryde, tells us about their safe sleep practices and how they work with families to meet the sleep/rest needs of every child in their care.

[Click through to read more](#)



Get to know your AOs: Robert Barbara

Robert Barbara, Authorised Officer from the Quality Support Team, shares how services are setting up safe sleep environments and how they are reflecting on their practices to ensure children are safe while sleeping.

[Click through to read more](#)

Safe sleep poster for services

Print our new [safe sleep poster](#) and display it in your service where it can be easily seen by educators. Developed in consultation with Red Nose, and aimed at educators, this new poster will provide 'at a glance' advice on safe sleep practices.



Sector updates

Physical checks of sleeping children

In all service types, adequate supervision requires physical checking of a sleeping child. Educators must check that the child is breathing by checking the rise and fall of

the child's chest and the child's lip and skin colour from the side of the cot (or floor mattress/toddler bed for children who have moved from a cot).

Physical checks of a sleeping child should occur at least **once every 10 minutes**.

The circumstance and needs of each child should be assessed to determine any risk factors that may mean physical checks are required more frequently than this. For example, babies or children with colds, chronic lung disorders or specific health care needs may require a higher level of supervision and more frequent checks while sleeping.

For more information download our [policy and procedure guidelines on sleep and rest](#).

Guide to the Child Safe Standards

Download the [Guide to the Child Safe Standards](#) for early childhood education and care and outside school hours care services.

The guide has been created to support all service types to implement the requirements of the Child Safe Standards and includes:

- practical strategies and tips to consider when implementing the Standards
- points for critical reflection
- case studies as an example of practice and to prompt further discussions within your team.

Supporting educators and families through COVID-19

In this challenging time, it is important that we take care of our mental health and wellbeing.

Support and resources are available to support you and the families from your service.

Support for educators and staff is available from:

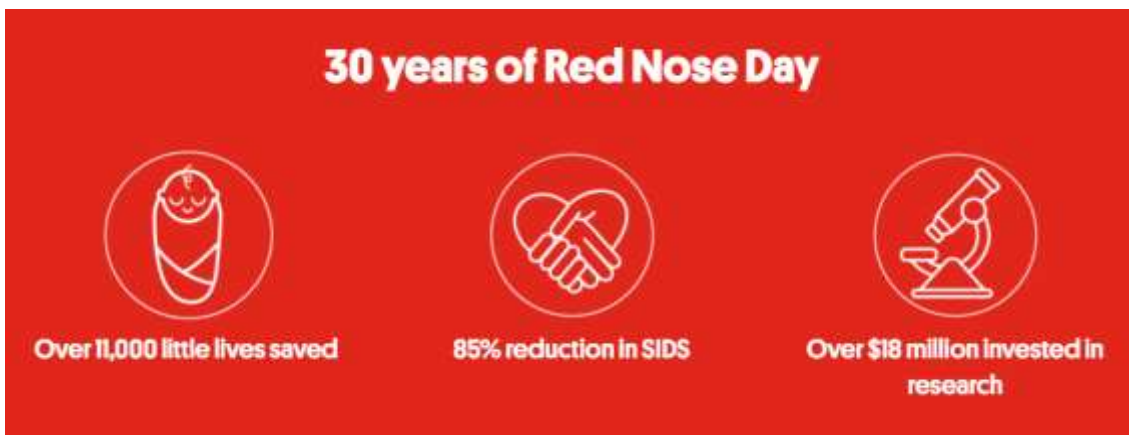
- [Beyond Blue](#)
- [Headspace](#)
- [Black Dog Institute](#)

The Department of Communities and Justice has compiled a [range of links to useful resources](#) for vulnerable families, including general information about COVID-19, advice for delivering services and guides for keeping safe.

Red Nose Day

Today we celebrate Red Nose Day - a day to raise funds and awareness for sudden infant deaths. This year Red Nose is celebrating 30 years of work which has had a huge impact on the early childhood education and care sector and an incredible 85% reduction in sudden infant deaths.

Visit the [Red Nose Day](#) website to find out more about safe sleeping and ways to get involved.



Know someone who would like to receive this newsletter? Send them this [sign-up form](#).



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