

Mandatory Red nose safe sleeping Training

This requirement was introduced following an inquest on the 2012 SIDS death of a five month old Indianna Rose Hicks, who was in the care of a family day care educator in Queensland. A coroner found Indianna's mother insisted she be wrapped while napping, while guidelines said older babies' arms should not be wrapped.



Rednose Website offers brochures and posters that have been translated in a number of languages.

Please answer all questions to the best of your ability, if you have any questions or concerns, please contact your Coordinator immediately. . It is important that educators are up to date with current information via the Red Nose website and can articulate these practices to families and an authorised officer.

Attached to this training questionnaire you will find the following information to be read:

1. Recommended bedding
2. Dummy or pacifier
3. Maternal side sleeping
4. Sharing a sleep surface with a baby
5. ACCC keeping baby safe brochure
6. Smoking during pregnancy
7. Safe sleeping brochure 0-12 months
8. Bassinets
9. Slings, baby carriers and backpacks
10. Cot to bed safety
11. Tummy time brochure
12. Room temperature
13. Second hand mattresses
14. Smoking
15. Toxic gases and mattresses
16. Why back sleeping is safe



Red nose safe sleeping Questionnaire

To assess your knowledge of safe sleeping, please answer the following by selecting the correct answer (on Answer sheet in this package)

1. When placing a baby in the cot to sleep:

- A. Ensure that the baby is placed on its back at the top of the cot to allow for maximum movement
- B. Ensure that the baby is on its back with feet touching the bottom of the cot to prevent them from wiggling down under the blankets
- C. It does not matter whether the baby is at the top or the bottom of the cot

2. Which statement is correct?

- A. Side and tummy sleeping is only recommended for babies under the age of three months if they have reflux
- B. Side and tummy sleeping increases the risk of SIDS and must be avoided
- C. Tummy sleeping is safe providing that the baby is on a firm mattress and cannot suffocate

3. which statement is correct

- A. Babies under three months of age must never be placed on their tummy, even when awake
- B. Tummy play is important and safe for babies providing they are awake and supervised by an adult
- C. Babies can be left alone to play on their tummy as long as they are not on a soft surface

4. The parent of a four month old baby asks you to sleep the baby on his tummy because this is how all her babies have slept and baby settles best on the tummy. Your response should be:

- A. Comply with the parent's request as you do not to upset the baby or the parent
- B. Inform the parent that you can only do this if the parent signs a waiver which removes responsibility from you if the baby dies
- C. Acknowledge the parents' concerns, spend time informing the parent about your services safe sleeping policy and advise the parent why back is best for baby

5. When selecting bedding for a baby's cot, the most appropriate choice would be:

- A. A pillow and a thin blanket tucked in at the bottom of the cot
- B. A duvet/doona that the baby is used to at home but no pillow
- C. Light weight blankets tucked in at the bottom or a safe baby sleeping bag

6. Which statement is correct?

- A. Pillows, products, or devices to restrict the movement of a baby and to keep baby on the back or side are recommended to prevent baby from rolling over onto the tummy
- B. Baby sleeping bags are a good alternative to bedding and may help to maintain the baby in the back position
- C. When a baby is able to roll over, wrapping or swaddling the snuggly with arms in by their side can prevent them rolling

7. A father brings his six month old daughter to you and requests that you use the baby's own doona and pillow so that she has a familiar environment. Your best response would be:

- A. To limit the use of doona and pillow to his daughter only
- B. To explain that the doon and pillow use increase the risk of SIDS and fatal sleeping accidents and must not be used
- C. To agree to let the baby sleep with the doon but not the pillow

8. Which statement is correct

- A. Soft toys are permitted in a cot and can be useful to settle young babies
- B. Lambswool or sheepskin are safe to use in a cot or portable cot as long as they are placed under the cot sheet
- C. Soft toys and comforters should not be introduced into the sleep environment until the baby is over the age of twelve months

9. Which statement is correct

- A. Smoking during pregnancy and/or after childbirth increases the risk of SIDS
- B. Smoking during pregnancy increases the risk of SIDS but smoking around baby after birth does not
- C. Smoking does not increase the risk of SIDS either before or after birth

10. Which statement is correct

- A. SIDS and sleeping accidents are the main cause of death of babies between one month and twelve months of age
- B. SIDS no longer occurs
- C. SIDS only occurs if baby is slept on the tummy and can suffocate on soft bedding

11. Which statement is correct?

- A. Babies are more likely to choke if they are placed on their back
- B. Sleeping baby on the tummy or side is recommended if the baby has Colic, reflux, a flat head or wind
- C. Tilting or elevating the sleeping surface for the back sleeping babies does not reduce the symptoms of reflux

12. Which statement is NOT correct?

- A. There is a very high risk of SIDS if a baby usually sleeps on the back and then is placed on the tummy to sleep
- B. Whilst in your care, it is safe to place a baby that is not yet rolling over on their tummy to sleep, as long as this is their usual sleep position at home
- C. Babies are more likely to choke if they are slept on their tummy or side

13. Which statement is NOT correct?

- A. It is safe to use an extra mattress or padding in a portable cot to make it more comfortable
- B. Each baby should sleep in a separate cot or portable cot that meets the current Australian Standards for cots or portable cots
- C. It is OK to sleep babies in a safe cot providing that only the original mattress supplied with the cot is used

14. Which statement is NOT correct?

- A. It is best to place baby to sleep on alternate sides each sleep so they do not develop a flat spot on the back of their head
- B. There is no evidence of a relationship between back sleeping and the development of a flat spot on the back of a baby's head
- C. Alternating baby's head position each time baby is placed down to sleep on the back reduces the risk of a flat spot on the back of their head