

# What to Do When the Baby Cries...

*If you have a plan for dealing with crying, you lessen the chance of allowing your frustration to cloud your better judgment.*

*Hang this card in a place where it will help you when your child cries.*

- 1.** Ask for help. Find someone you trust to take care of the baby while you take a break.
- 2.** Leave the room. Lay the baby in a crib or safe place while you take a break. Count to 100, run the vacuum cleaner or put on headphones and listen to music.
- 3.** What works best for you and your baby? Write it here:

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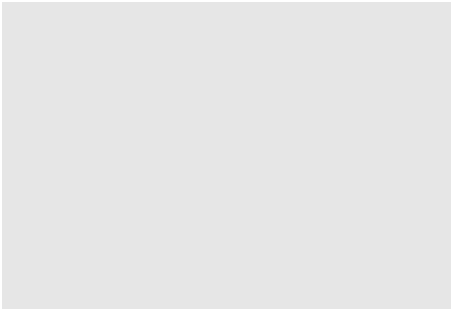
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## **NEVER, EVER SHAKE A BABY**

If you feel you are losing control,  
call

All calls are completely anonymous and confidential.



Preventing  
&  
Recognizing

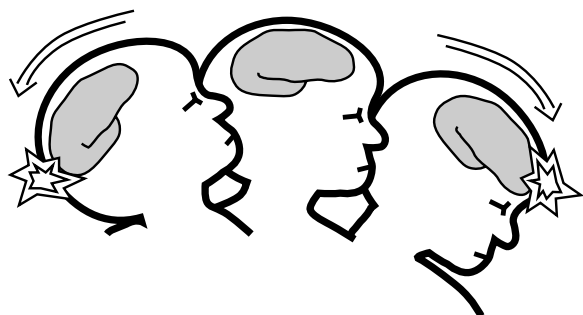
# **SHAKEN BABY SYNDROME**



# WHAT IS Shaken Baby Syndrome?

*Every year, thousands of babies and young children suffer from brain damage, blindness or death as a result of Shaken Baby Syndrome.*

- Shaken Baby Syndrome (SBS) involves the vigorous shaking of an infant or young child by the shoulder, arms or legs. A single shaking episode usually results in whiplash-induced bleeding in and around the brain leading to death or permanent neurological damage.
- Infants and young children are more susceptible to SBS because their heads are disproportionately large in relation to their bodies, and their shoulder and neck muscles are weak and underdeveloped.



*When a young child is shaken, the head whips back and forth, slamming the brain against the hard skull, causing bruising, bleeding and swelling inside the brain.*

## PREVENTING

### Shaken Baby Syndrome

- **NEVER, EVER SHAKE A BABY!** Even a brief moment of shaking can lead to death or permanent brain damage.
- Don't trust yourself to stay in control if you begin to feel frustrated. Put the baby in a safe place and go to another room until you feel calm. Count to 100, listen to relaxing music, take a shower or do some housework.
- Learn what to do if your baby won't stop crying. Use the card in this brochure to write a plan for dealing with crying and hang it up where you can see it.
- Make sure everyone who cares for your child understands the dangers of SBS. This includes family members, friends, caregivers, and other children who may hurt the baby in rough play.

## RECOGNIZING

### Shaken Baby Syndrome

- It is important to be aware of the signs of Shaken Baby Syndrome. If a child is a victim of SBS, it is critical that he or she get medical attention immediately. If you care for young children, detach the signs of Shaken Baby Syndrome and post them in a place that is visible to you and other adults. Prompt medical attention can lessen the damaging effects of SBS.

## SIGNS of SHAKEN BABY SYNDROME

*If a child has been shaken, he or she may exhibit **any or all** of the following symptoms:*

- Lethargy or unconsciousness
- Difficulty in breathing
- Finger marks/bruises on chest, neck or shoulders.
- Extreme crying or irritability
- Convulsions
- Pale or bluish skin
- Vomiting or decreased appetite

## If you suspect Shaken Baby Syndrome...

The child will need **IMMEDIATE** medical attention. If the brain is damaged or bleeding it will get worse without treatment. Immediate care may save the child's life and prevent serious health problems from developing. Be sure to tell the pediatrician or doctor that you suspect Shaken Baby Syndrome.

**Caregivers are encouraged to post this information in a location visible to all adults who are caring for young children.**