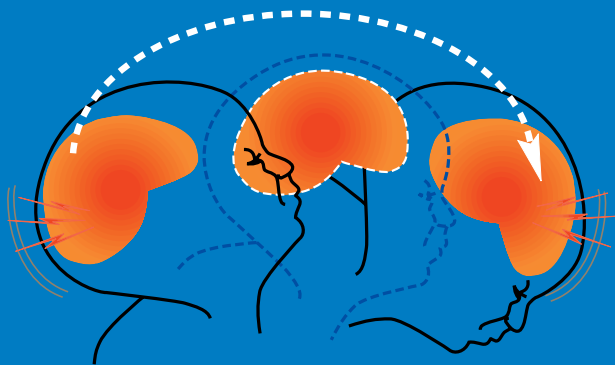


When a child is shaken, the fragile brain is slammed up against the skull of the child causing severe bleeding, bruising and swelling in the brain.*



■ **Extreme caution** should be taken when you are caring for an infant or young child.

Shaking a baby can cause blindness, permanent brain damage, even death. Please, never shake a baby or young child.

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shake a hand, shake a rug, but....

**NEVER
NEVER
NEVER
SHAKE
A BABY**





Babies cry for many reasons: **If a baby is crying and won't stop, check to see if he/she:**

- has a rash, clothing pinching, or is teething?
- is cold or hot?
- has a fever?
- is in pain or sick? (See or call your doctor if you are worried.)
- needs a diaper change?
- needs to be fed or burped?
- needs to suck? (Offer a pacifier or guide the baby's fingers to his/her mouth.)
- is wanting to be held and cuddled?

Remember: If you feel you may harm your baby - get help immediately!

And for yourself, if you are tempted to shake a baby:

- STOP! Think! Why do you feel so angry?
- Count to 100.
- Leave the baby in a safe place and go into another room where you can't hear the crying for 5 to 10 minutes.
- Repeat to yourself, "Babies need to cry, babies need to cry."
- Take 10 deep breaths. Then take 10 more.
- Play some relaxing music.
- Exercise.
- Call a friend or relative.
- Ask for help.



Remember: Babies cry to express their need!

Safe ways to calm a baby:

1. Sing or play soft music.
2. Hold him/her against your chest, pat on the back gently, and walk around or rock back and forth.
3. Hold the baby's arms close to his/her body; swaddling or wrapping comforts some babies.
4. Take baby for a ride in the car.
5. Take baby for a walk if weather permits.
6. Burp him/her.
7. Maintain calming movements for about 5 minutes at a time.

Remember: Never, never, never shake a baby!

When is a baby at risk for shaken baby syndrome?

What is it?

It is a brain injury that can happen to a child under age six when the head is shaken back and forth in a whiplash motion.

What happens?

When a child is shaken, the fragile brain is slammed up against the skull of the child causing severe bleeding, bruising and swelling in the brain. Early symptoms can include extreme irritability, vomiting, excessive sleepiness, difficulty breathing, feeding changes, seizures, stiffness.

How can I prevent it?

- Never shake a child, especially under the age of six. FOR ANY REASON!
- Always provide support for the baby's head when holding, playing with or transporting him or her.
- Learn what to do if the baby will not stop crying. Remember that all babies cry, some a lot, during the first few months of life.
- Make sure that everyone who cares for the child (including baby-sitters, childcare providers, and relatives) knows the dangers of shaking babies and young children.
- Play gently with babies.

What if a baby is shaken?

Get the baby to the emergency room immediately! ...even if you feel embarrassed or guilty. Quick medical attention can prevent future problems and may even save a child's life!

Remember: Children are being hurt ...sometimes permanently...by adults who do not know the dangers of shaking.

