

UNDERSTANDING SHAKEN BABY SYNDROME

Shaken baby syndrome (SBS) is a form of child abuse. It is NEVER okay to shake a young child. You can badly hurt or even kill your child. You can learn ways to cope with a crying baby. You can also share what you've learned with everyone who cares for the baby. Knowing the danger and sharing ways to cope can prevent SBS.

EVERY YEAR 1,200 TO 1,400 BABIES IN THE US ARE HURT BY SHAKING.

1 out of 4
victims of SBS DIE



The rest may have life long brain injury, including

- Permanent brain damage
- Paralysis
- Deafness
- Learning disabilities
- Developmental delays
- Cerebral palsy
- Blindness
- Seizures/Epilepsy
- Behavioral disorders
- Permanent vegetative state



A PERSON USUALLY SHAKES A BABY BECAUSE THEY GET STRESSED OR FRUSTRATED WHEN THE BABY IS CRYING AND WON'T CALM DOWN.

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WHAT TO DO WITH A CRYING BABY

20 Tips From the National Center on Shaken Baby Syndrome

Remember, nothing works all the time. And that's OK. There are many other things you can try. Crying does NOT mean there's anything wrong, with you or your baby!

It's normal to sometimes feel frustrated. If you get frustrated, it's okay to put your baby down in a safe place, like their crib. You can walk away for a few minutes, take some deep breaths to calm yourself down or call a friend if you need to. It's OK. Your baby is safe in the crib. Be sure to check on your baby every 5-10 minutes.

Try something simple:

1. Feed your baby. Hunger is often the main reason babies cry.
2. Burp your baby. Gas can be very painful.
3. Check your baby's diaper. Does it need changing?
4. Give your baby something to suck on, like your finger. (Once in a while, you can give your baby a binky.)
5. Look your baby in the eye and smile.
6. Kiss your baby.
7. Lightly kiss the bottom of your baby's feet.

Comfort your baby:

8. Wrap your baby snugly in a light blanket. (This is called swaddling.)
9. Give your baby a lukewarm bath. Stay with your baby the whole time.
10. Massage your baby gently on the back, arms, or legs.
11. Sing softly. People all over the world sing lullabies to crying babies.
12. Calm your baby with soft words like "it's OK." (This can help comfort both you and your baby.)
13. Hum in a low tone against your baby's head.

Distract your baby:

14. Run a vacuum cleaner or dishwasher to make "white noise." This may take your baby's mind off crying.
15. Take your baby for a ride in the car. (Make sure baby is in a rear-facing car seat in the back seat.)
16. Rock with your baby in a rocking chair. This may relax you both.
17. Push your baby in a stroller.
18. Put your baby in a baby swing for a slow, rocking motion.
19. Place your baby underneath a lighted mobile.
20. Dance slowly while holding your baby... and relax!

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