

# Shaken Baby Syndrome

RECOGNITION AND PREVENTION



is your child  
at **risk?**

## Do Your Homework Before Choosing a Care Provider

It is important to ask yourself the following questions when considering a caregiver for your child:

- Does the person have a history of violence?
- Will this person become frustrated or angry if my baby cries?
- Have I told this person that a baby should never be shaken?
- Is this person good with babies?
- Has this person had children removed from his or her care because he or she was unable to care for them?
- Does this person know to call someone immediately if they become frustrated while caring for my baby?

**Call the Behavioral Health Services  
directly at 1.877.221.9295.**

Recovery can, will, and DOES happen.

## Ways to Calm a Baby

The most common reason that someone may shake a baby is non-stop crying. It is normal for a baby to cry. Some babies cry more than others. Follow these simple tips when your baby starts to cry:

- Make sure your baby's diaper is clean, your baby is fed, and he or she is not too warm or too cold.
- Swaddle your baby by wrapping him/her with arms down in a light, snuggly blanket.
- Hold your baby's bare skin against your own.
- Make shushing sounds louder than your baby's crying.
- Walk or rock your baby because the motion is comforting.
- Encourage your baby to breastfeed or suck a pacifier
- Call your doctor for guidance.

## What to Do When the Baby Cries

Having a plan for dealing with a crying baby will lessen the chance of your frustration growing and clouding your better judgment.

Hang this card in a place where you will see it when the baby starts to cry.

1. Ask for help. Find someone you trust to take the baby for a while so you can take a break.
2. Leave the room. Lay the baby in a crib or safe place and take a break. Count to 100. Listen to music. Relax.
3. Write down what works best for you.

If you feel you are losing control  
call the National Hotline at  
**1.866.243.BABY (2229).**

## know the **symptoms**

### Signs a Baby May Have Been Shaken

- Extreme irritability
- Rigidity
- Seizures
- Lethargy
- Vomiting
- Coma
- Difficulty breathing
- Dilated pupils
- Blood spot in eyes

Seek proper medical attention immediately if you suspect your child has been shaken. Immediate medical attention may save your child's life.

### Dangers of Shaking a Baby

Because their neck muscle are weak and cannot always support the size of their heads, infants and young children up to age five are more susceptible to head trauma. Sudden shaking of the baby will cause trauma to their fragile brain and may cause death, paralysis, cerebral palsy, seizures, blindness, mental retardation, dyslexia, attention deficit disorder, and/or severe motor dysfunction.

