

Babies cry...

It's their way of telling us what they want or need. Crying does not mean your baby is being bad, or that your baby is angry with you or doesn't love you. Sometimes babies just need to cry. Be patient and see what your baby's needs are. Try these ideas:

- Stay calm.
- See if the baby is too hot or too cold.
- Check the baby's diaper.
- Feed the baby.
- Burp the baby.
- Offer the baby a pacifier or toy.
- Pick up the baby.
- Check your baby for illness.



If these ideas don't work, don't take it out on your baby. Instead STOP, sometimes parents need a time-out too! Instead try these ideas:

- Take the baby to a quiet room.
- Hold the baby against your chest and walk or rock gently.
- Take the baby for a ride in a car or stroller.
- Take slow, deep breaths and count to 10... better yet, count to 20 or more.
- Lay the baby on his/her back in the crib. Go to another room to calm yourself. It is okay if your baby cries while you calm down.
- Do something for yourself (for example play your favorite music, exercise or take a shower).
- If none of these work, call a friend, a family member, your doctor or 1-800-CHILDREN for support.
- Accept that being frustrated and/or angry are normal feelings for a parent.

Commit To Prevent®



1-800-CHILDREN
(2 4 4 - 5 3 7 3)



**Hold Them
Hug Them
Love Them
But Never
Shake A
Baby**



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1-800-CHILDREN
(2 4 4 - 5 3 7 3)

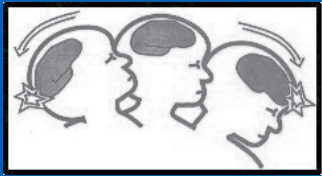
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What is Shaken Baby Syndrome?

- Shaken Baby Syndrome describes the serious damages that can occur when an infant or toddler is severely or violently shaken.
- Babies and young children have large heads compared to the size of their bodies and their shoulder and neck muscles are too weak to hold them. When a baby or 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 (as demonstrated in the graphic below).



Shaking a baby or young child, even for a short time, can cause death. It can also cause:

- Brain damage
- Spinal injury/paralysis
- Blindness
- Seizures
- Developmental delays
- Broken bones



How much force does it take to cause these injuries to an infant?

- It is impossible to know where the line is between safe and unsafe behavior for each individual child and situation.
- It is best to consider that all shaking is unsafe.
- If you find yourself wondering whether or not a behavior is safe, it is not worth the risk!



If an infant or small child has been shaken, the baby may show any one or all of these signs/ symptoms:

- Extreme irritability
- Vomiting
- Difficulty staying awake
- Seizures
- Difficulty breathing
- Tremors



**Prevent Child Abuse
Kentucky®**

What should I do if I think my baby has been shaken?

- Call 911 or immediately go to the closest hospital emergency room.
- Tell the doctor or nurse if you know or suspect that your child was shaken.
- Get the proper medical treatment right away, it may save your child's life and prevent serious health problems from developing.
- Don't let embarrassment, guilt or fear get in the way of your child's health or life!

How to prevent Shaken Baby Syndrome:

- NEVER shake an infant or preschool child for any reason.
- ALWAYS provide support for your baby's head when holding, playing with or transporting him or her.
- Make sure all those in contact with your child know the dangers of shaking. This includes babysitters, childcare personnel and even family members.
- Recognize and accept being a parent can be frustrating, DON'T lose your temper; find other ways to cope with your feelings.

