

Shaken Baby Syndrome is 100% preventable

Everyday handling of a baby, playful acts and minor accidents do not have the force needed to create these injuries.

Shaking injuries are NOT caused by:
BOUNCING BABY ON YOUR KNEE
GENTLY TOSSING BABY IN THE AIR
JOGGING OR BIKING WITH YOUR BABY
FALLS OFF OF FURNITURE

Shaken Baby Syndrome facts

Shaken Baby Syndrome (SBS) is one of the most common causes of death by physical abuse to infants.

Violent shaking causes bleeding and massive swelling in the brain and can result in:

- Permanent brain damage
- Blindness
- Developmental delays
- Cerebral Palsy
- Seizures
- Death

Did you know?

Shaken Baby Syndrome occurs when a frustrated caregiver loses control and violently shakes an infant or young child.

Crying is the most common reason that someone severely shakes a baby.

Young males who care for a baby alone are most at risk to shake a baby.

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For more information visit the Florida Department of Health website or
<http://www.doh.state.fl.us/cmo/HProviderPIAbusePrex.htm>

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Coping
with
crying.

Soothe,
don't shake,
your baby.



WHY BABIES CRY

■ hunger ■ too hot or too cold ■ diaper needs changing ■ discomfort/pain, fever/illness ■ teething ■ colic ■ boredom/over-stimulation ■ fear—of loud noises or a stranger ■

Understanding your baby

Taking care of your baby can be fun and enjoyable. But, when your baby won't stop crying, it can be very upsetting for you and caregivers.

It is normal for your baby to cry. A baby may cry two to three hours a day—sometimes more!

Non-stop crying is difficult for all parents to cope with.

- **Crying happens most often in the evenings.**
- **Crying may start or stop and you don't know why.**
- **Crying may not stop no matter what you do.**
- **Your baby's crying will not harm him or her.**

Ways to calm your baby

It may seem like your baby cries more than others, but ALL babies cry, some even cry a lot. You can do the following things to try and soothe your baby.

Check the reasons your baby may be crying. Then try to calm your baby.

Check your baby's basic needs: feed baby, burp the baby, change diaper, make sure clothing is not too tight, too hot, or too cold, etc.

Offer the baby a pacifier.

Hold the baby against your chest and massage, walk, or rock the baby.

Sing, hum or talk to the baby.

Take the baby for a walk in a stroller or for a ride in the car seat.

If your baby is not in distress, place the baby in a safe place (such as his crib) and let him cry; check on him every 5–10 minutes to make sure he is all right.

Check with your baby's doctor if you think your baby is crying too much.

Ways to handle your frustration

When your baby is crying. . .

Put the baby in the crib, make sure the baby is safe, close the door; check on the baby every 5–10 minutes.

Relax, take a bath or shower, exercise, or play music.

Call a trusted friend, relative, or neighbor ask them to watch the baby and to give you a needed break.

Sit down, close your eyes, and take 20 deep breaths.

Think about how much you love your baby.

Talk to someone. Call one of the crisis hotlines—911 or 1-800-FLA-LOVE.

Don't take your
frustration out on
your baby.

NEVER, NEVER, SHAKE A BABY!

Dedicated to the memory of thousands of infants and young children whose lives are forever changed by shaking.

