

Never shake a baby.

Take a break, don't shake.

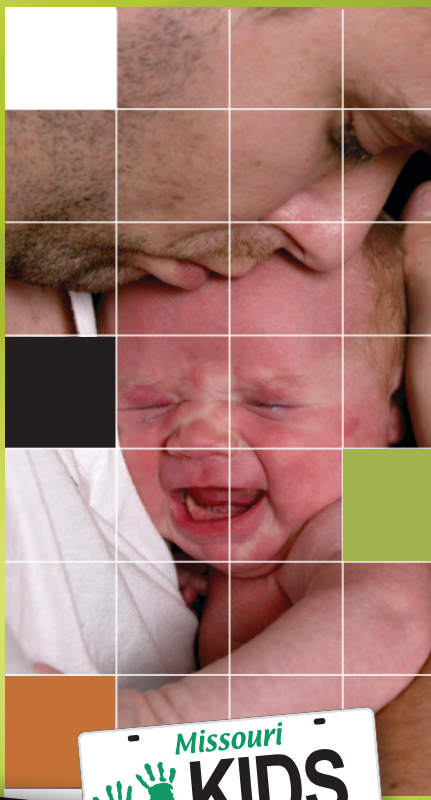
Shaken Baby Syndrome (SBS), otherwise known as abusive head trauma, is the term used to describe the many serious and often fatal injuries that result when an infant is violently shaken.

You can prevent SBS by taking these simple steps:

- **Be careful when choosing a caregiver for your baby.** It is dangerous to leave your baby with anyone who becomes angry or loses control easily.
- **Make sure that everyone who cares for your child** knows about the dangers of shaking.
- **Provide caregivers permission to call you anytime** they become frustrated.



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**Children's
Trust Fund**

Missouri's Foundation For Child Abuse Prevention

www.ctf4kids.org

Strong Families, Safe Kids

Babies Cry...A lot!

It's really frustrating!

- ...especially during the first 5 months.
- A normal, healthy baby may cry up to 5 hours or more each day.
- Babies cry the most at age 2 months, but have patience.
- After 2 months old, your baby will begin to cry less each week.

Crying is the #1 reason babies are shaken or hurt by their caregivers.

Ways to help soothe a crying baby:

- First...check to see if your baby is hungry or needs a diaper change.
- Rock, walk or talk with your baby.
- Go for a ride in the car.
- Give your baby a warm bath.
- Sing or play a recorded lullaby or other soothing music.
- Call your doctor if you think your baby might be sick.

Remember... sometimes your baby will cry no matter what you do.

If you become TOO frustrated:

- It's OK to WALK away.
- Take a break. Lay your baby down on his or her back in a safe place.
- Sit down, leave the room, take a deep breath...do ANYTHING to calm yourself...and then check on the baby.
- If you still feel overwhelmed, call someone you trust for help.

Have a plan—never shake or hurt the baby.

Shaking a baby is dangerous and can cause:

- brain damage
- blindness
- spinal injuries & paralysis
- seizures
- severe learning & behavior problems
- even death

For more information or assistance, contact your local hospital emergency room or your pediatrician.

ParentLink Warmline
1-800-552-8522
1-888-460-0008 En
Español

**National Center on
Shaken Baby Syndrome**
www.dontshake.org

Report Child Abuse
1-800-392-3738