

## Keep Your Cool

If you start to feel overwhelmed, take a break and get help.

- ✦ Put your baby down in her crib, close the door, and **take a break** and relax for a few minutes.
- ✦ Tell someone how you are feeling.
- ✦ Ask someone you trust to babysit.
- ✦ Get to know other parents so you will have a support system.
- ✦ Attend a parenting class.
- ✦ Call the National Abuse Hotline: **800-422-4453**

Whatever you do, **DON'T** release your frustrations on the baby. It only takes *one* shaking episode to kill or seriously injure your child **FOR LIFE**.



## SBS Facts

1 out of every 4 SBS victims die, and the rest face a lifetime of disabilities.

SBS can be prevented by

- ✦ Being aware of the risks of SBS
- ✦ Understanding your baby's needs
- ✦ Taking breaks when you get stressed
- ✦ Getting help from friends and relatives
- ✦ Setting up a nanny cam in your home
- ✦ Being selective in your child's day care
- ✦ Being aware of who is watching your children at all times
- ✦ Understanding the devastating effects SBS will have on the remainder of yours and your child's life

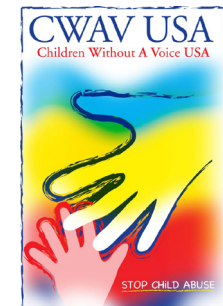
If you think your child may be suffering from SBS or if he or she has any of the following symptoms, **call 911 or take your child to the ER right away!**

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# Please Don't Shake



**What you should know about  
Shaken Baby Syndrome (SBS)**



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abies are delicate. They have soft, large heads and weak necks. They cry to communicate all of their needs.

This can be very stressful for you the caregiver. But before you let your emotions get out of hand, take a step back and a deep breath and relax.

### *About Shaken Baby Syndrome (SBS)*

**Shaken Baby Syndrome** happens when a baby is shaken and the head gets whipped back and forth violently. The shaking causes the brain to hit against the inside of the skull, causing internal bleeding.

SBS affects between 1,200 and 1,600 children in the USA, every year. **One out of every four die.** The rest suffer from permanent brain damage and disabilities for the remainder of their lives.

Shaken Baby Syndrome causes numerous physical and mental disabilities for life, including just a few of the following: **mental retardation, seizures, strokes,**

**cerebral palsy, blindness, hearing loss and physical disabilities.**

### *Symptoms*

It can be difficult to see the symptoms of SBS since the injuries are mostly internal, but here are a few things to watch out for:

- ✦ Irritability
- ✦ Lethargy
- ✦ Vomiting
- ✦ Changes in behavior or eating patterns
- ✦ A soft spot that bulges out
- ✦ Pupils that are unevenly dilated
- ✦ Seizures

### *Treatment*

If you think your child may be suffering from Shaken Baby Syndrome, it is important to get **immediate** medical attention.

Take your child to the hospital emergency room or call 911 if you don't have transportation.

### *When a Baby Cries*

Babies cry to communicate. Your baby may also have colic, which can last the first few months with a newborn. **It is not necessarily your fault when a baby cries.** Try these steps to get your baby to calm down:

- ✦ Feed him
- ✦ Burp her
- ✦ Change his diaper
- ✦ Rock her or walk around with her
- ✦ Talk or sing softly to him
- ✦ Play music for her
- ✦ Go in a different room or outside
- ✦ Adjust his clothing
- ✦ Check her temperature

