



# Never shake a baby.



**Shaken Baby Syndrome (SBS):** the term used to describe many serious and often fatal injuries that result when an infant is violently shaken.

## Prevent SBS:

- Make sure everyone who cares for your child knows about the dangers of shaking.
- Allow caregivers to call you anytime they feel frustrated.

## Shaking a baby can cause:

- Brain damage
- Blindness
- Spinal injury & paralysis
- Seizures
- Severe learning & behavior problems
- Even death

## It's not personal!

The baby is not upset with *you*.

He or she may be:

- **Hungry.** Try a bottle or pacifier.
- **Bored.** Try rocking or walking the baby or go for a ride.
- **Frustrated.** Try to pat or massage him. Wrap him in a blanket. Your contact lets him know he's safe.
- **Angry.** The baby gets upset, too. Sing to her or put her in a swing.
- **Sleepy.** But comfortable. Try a recorded lullaby or other music.

Reduce your stress tips on back

### **Reduce your stress!**

- Take a break.
- Do something for yourself, everyday.
- Make friends with other parents.
- Talk to someone you trust about your feelings when you're tired or overwhelmed.
- Take a parenting class. Try it with a friend.
- Remember, it's okay for your baby to cry.



### **Have a plan.**

1. Stop.
2. Take a break. Lay your baby down on his back in a safe place.
3. Sit down or leave the room.
4. Count to 10—or more.
5. Talk to another adult. Call a friend for help.
6. Call your doctor



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Information from the Children's Trust Fund, MO  
[www.ctf4kids.org](http://www.ctf4kids.org) and American Academy of  
Pediatrics, Welcome to the World of Parenting.

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