**Connecticut Children’s Trust Fund**

**SBS Prevention Project Activities**

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**Project Beginnings:**
- The Connecticut Shaken Baby Prevention Project began in 2003. Inspired by the work of Dr. Mark Dear, the Children’s Trust Fund and Connecticut Children’s, Medical Center (CTCF) came together with goals of getting the message to all new parents that they should never shake a baby under any circumstances.
- Dr. Francis Berrien was an early partner in the prevention project. After being impressed with the declining rates of SBS through his work at CTCF and St. Francis Hospital, Dr. Berrien was dedicated to ending preventable deaths by SBS.
- Awareness Raising: Prevention Parties:
  - The first major efforts of the SBS Prevention Project were to raise general awareness in the community.
  - Each host organized a home-based event in their home and more than 500 people attended these events.
- Connecticut Children’s Trust Fund
- SBS Prevention Project Activities

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**Community Outreach:**
- The recent efforts of the SBS Prevention Project have expanded the prevention activities beyond hospital-based settings into the community.
- The project developed a “train the trainer” curriculum and a Shake Baby Prevention Kit.
- The kit includes a simple guide to delivering the Shaken Model to many audiences and copies of all the materials provided to the hospitals.
- Letters and emails were sent to a variety of community partners, explaining the goal that the CT SBS Prevention Project was having a positive impact.
- Over the course of the past few years, train the trainer sessions were held in the community.
- The package of materials provided each hospital included the SBS poster, patterns for flyers, a pamphlet of the Portrait of Premature Birth, an SBS prevention checklist, a supply of single-page brochures on SBS to be distributed to new parents.
- The SBS Prevention Project has continued to receive supplies of materials in the hospital by the team.
- Although there is not currently legislation in CT mandating that all NICU nurses are trained, a recent survey found that 72% of the 29 NICUs in CT are providing some information about SBS prevention.
- Several events and hospitals have taken a special interest in ending SBS prevention in their area.
- In May 2008, the Project launched a new initiative to target new parents that they should never, under any circumstances, shake their baby.
- The SBS Prevention Project has continued to engage the community and their partners.
- Home Visiting Program Research Project:

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**Middle School Outreach:**
- Over the course of the CT SBS Prevention Project, there have numerous requests from high schools and middle schools to present to students.
- The Smallest Footprint (SFP) program was used to all 290 middle schools in the state offering to educate 7th and 8th grade students.
- The goal for targeting middle school children is that they are in the early stages of learning about health and safety habits.
- The SFP program was delivered to students in 7th and 8th grade classes.
- The “SFP” needle program in the CT SBS Prevention Project has been presented to schools, private surgeons, groups, parents, and communities.
- The project also created a general SBS awareness presentation, which has been presented to families, doctors, parents, groups, and school groups.

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**Hospital Outreach:**
- Inspired by the early efforts of the Shaken study, the CT SBS Prevention Project launched an outreach program to provide SBS prevention materials to every birthing hospital in the state.
- The package of materials included the SBS poster, patterns for flyers, a pamphlet of the Portrait of Premature Birth, and an SBS prevention checklist.
- The SBS Prevention Project has continued to receive supplies of materials in the hospital by the team.
- Although there is not currently legislation in CT mandating that all NICU nurses are trained, a recent survey found that 72% of the 29 NICUs in CT are providing some information about SBS prevention.
- Several events and hospitals have taken a special interest in ending SBS prevention in their area.
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**School Outreach:**
- The Connecticut Children’s Trust Fund
- SBS Prevention Project Activities

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**Home Visiting Program Research Project:**

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**Call Help Me Grow at 1-800-505-7000**

If you have questions or would like information about services in your community.

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**Community Partners:**
- Dr. Francis Berrien was an early partner in the prevention project. After being impressed with the declining rates of SBS through his work at CTCF and St. Francis Hospital, Dr. Berrien was dedicated to ending preventable deaths by SBS.
- Awareness Raising: Prevention Parties:
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**The Key to Preventing Shaken Baby Syndrome is in Your Hands:**

**You can prevent Shaken Baby Syndrome by taking these simple steps:**
- Tell all parents that they should never shake a baby.
- Give caregivers permission to call you at any time they become frustrated.
- Help them know how to cope.
- Don’t take it personally. Your baby’s not upset with you.
- Babies cry, so have a plan.
- Babies cry, so have a plan.
- Give caregivers permission to call you any time they become frustrated.
- Return to your baby only when you are calm.
- Calm down with deep breaths or sitting quietly.
- Place your baby on his or her back in a safe place.
- Call a friend, family member or counselor.
- Walk away, into another room.
- Calm down with deep breaths or sitting quietly.

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**Return to your baby only when you are calm.**

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**“Take 5” at Yale-New Haven Children’s Hospital:**

- In May 2008, Dr. Ken Burton and Dr. Lisa Loomis launched the “Take 5” program at Yale-New Haven Children’s Hospital.
- 100 samples of children born at Yale-New Haven Children’s Hospital and was immediately followed by the Primary Care Center for the next week.
- “Take 5” was designed to increase awareness about SBS and educate families regarding shaken baby syndrome.
- This educational intervention was provided to parents by pediatric residents at the time of discharge from the NICU.
- The “Take 5” brochure reminds parents that anybody can get frustrated with infant crying and shake a baby; it is not just “deviant” parents.
- As part of the intervention, parents are provided with the “Take 5” magnet (available in both English & Spanish).
- The Magnet for Parents includes the following phrases: “Don’t shake your baby when you are frustrated or stressed.”
- 100 samples of children born at Yale-New Haven Hospital and presented at the Primary Care Center for the next week.
- Data analysis is being completed at this time.

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**General Study Information:**
- Student Investigator: Jill Bradshaw, MSW. Doctoral Candidate, University of Connecticut, School of Social Work.
- Funding Source: Connecticut Children’s Trust Fund

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**Methodology:**
- Eliminated treatment group – parent design.
- Randomly assigned to treatment groups.
- 14 to 16 NFN sites will be recruited to participate in the study and randomly assigned into treatment groups.

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**Potential Contributions:**
- The Shaken and PURPLE models of SBS prevention have been evaluated in children with various populations.
- The SFP needle program in the CT SBS Prevention Project has been tested with an at-risk population like those served by the NFN home visiting programs.

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**Home Visiting Program Research Project:**

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**Connecticut Children’s Trust Fund**

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**The Connecticut Shaken Baby Prevention Project began in 2003.**

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**New Parents:**
- “Don’t take it personally. Your baby’s not upset with you.”
- Babies cry, so have a plan.
- Babies cry, so have a plan.
- Give caregivers permission to call you any time they become frustrated.
- Return to your baby only when you are calm.
- Calm down with deep breaths or sitting quietly.
- Place your baby on his or her back in a safe place.
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