The key to preventing Shaken Baby Syndrome is in your hands.

You can prevent Shaken Baby Syndrome by taking these simple steps:

- Tell anyone who cares for your child about the dangers of shaking a baby.
- Give caregivers permission to call you any time they become frustrated.
- Babies cry, so have a plan.
- Don't take it personally. Your baby's not upset with you.
- Reduce your stress.

Children's Trust Fund

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

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