

# Never Shake a Baby.



## Connecticut Shaken Baby Prevention Project

A program of the Children's Trust Fund in collaboration with the Connecticut Children's Medical Center

### Shaken Baby Syndrome (SBS)

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:

- Make sure that everyone who cares for your child knows about the dangers of shaking.
- Give caregivers permission to call you anytime they become frustrated.
- Patience takes practice.

#### Babies cry, so have a plan.

1. Stop.
2. Take a break. Lay your baby down on its 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.
6. Call your doctor.
7. Call Help Me Grow at 1-800-505-7000 for connections to supports in your community.

#### It's not personal! The baby's not upset with you.

#### He or she may be:

- **Hungry:** Try a bottle or pacifier.
- **Bored:** Try rocking or walking the baby or, maybe, go for a ride.
- **Frustrated:** Try to pat or massage him; your touch lets him know he's safe.
- **Angry:** The baby get upset, too. Sing to her or put her in a swing.
- **Sleepy:** But uncomfortable. Try a recorded lullaby or other music.

#### Reduce your stress!

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

#### Shaking a baby can cause:

- Brain Damage
- Blindness
- Spinal Injuries & Paralysis
- Seizures
- Even death