

Never Shake a Baby.



Shaken Baby Syndrome (SBS)

Shaking a baby violently can seriously hurt or even kill the baby.

Help keep your baby safe from SBS by doing these simple things:

- Make sure anyone caring for your child knows the dangers of shaking a baby.
- Let those caring for your child call you anytime they get frustrated.
- Patience takes practice.

Shaking a baby can cause:

Brain Damage • Blindness • Spinal Injuries & Paralysis • Seizures • Even Death

Babies cry, so have a plan.

- Stop.
- Take a break. Lay your baby down on its back in a safe place.
- Sit down or leave the room.
- Count to 10 – or more.
- Talk to another adult. Call a friend
- Call Help Me Grow at 1-800-505-7000 to be connected to support 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 car ride.
- **Frustrated:** Try to pat or massage him. Your touch lets him know he's safe.
- **Angry:** Babies get upset, too. Sing to her or put her in a swing.
- **Sleepy:** 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.