

# Shaken Baby Syndrome is 100% preventable

Everyday handling of a baby, playful acts and minor accidents do not have the force needed to create these injuries.

Shaking injuries are NOT caused by:  
**BOUNCING BABY ON YOUR KNEE**  
**GENTLY TOSSING BABY IN THE AIR**  
**JOGGING OR BIKING WITH YOUR BABY**  
**FALLS OFF OF FURNITURE**

## Shaken Baby Syndrome facts

**Shaken Baby Syndrome (SBS) is one of the most common causes of death by physical abuse to infants.**

Violent shaking causes bleeding and massive swelling in the brain and can result in:

- Permanent brain damage
- Blindness
- Developmental Delays
- Cerebral Palsy
- Seizures
- Death

## Did you know?

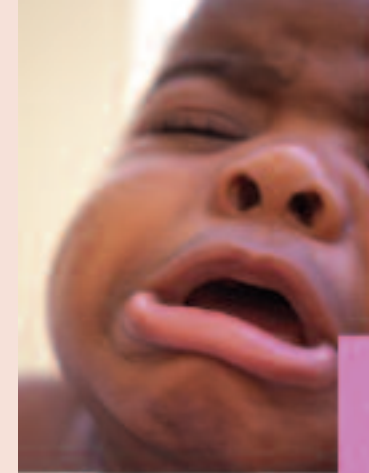
**Shaken Baby Syndrome occurs when a frustrated caregiver loses control** and violently shakes an infant or young child.

**Crying is the most common reason** that someone severely shakes a baby.

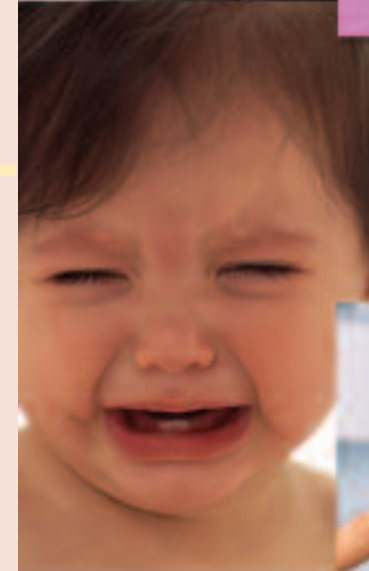
**Young males who care for a baby alone are most at risk to shake a baby.**

Produced and distributed in accordance with the Kimberlin West Act.

For more information visit the Florida Department of Health website.



Coping with crying.



Soothe, don't shake, your baby.

# WHY BABIES CRY

- hunger ■ too hot or too cold ■ diaper needs changing ■ discomfort/pain, fever/illness ■ teething ■ colic ■ boredom/over-stimulation ■ fear—of loud noises or stranger ■

## Understanding your baby

**Taking care of your baby can be fun and enjoyable.** But, when your baby won't stop crying, it can be very upsetting for you and caregivers.

It is normal for your baby to cry. A baby may cry two to 3 hours a day—sometimes more!

Non-stop crying is difficult for all parents to cope with.

- **Crying happens most often in the evenings.**
- **Crying may start or stop and you don't know why.**
- **Crying may not stop no matter what you do.**
- **Your baby's crying will not harm him or her.**

## Ways to calm your baby

**It may seem like your baby cries more than others,** but ALL babies cry, some even cry a lot. You can do the following things to try and sooth your baby.

**Check the reasons your baby may be crying.** Then try to calm your baby.

**Check your baby's basic needs:** feed baby, burp the baby, change diaper, make sure clothing is not too tight, too hot, or too cold, etc.

**Offer the baby a pacifier.**

**Hold the baby against your chest and massage, walk, or rock the baby**

**Sing, hum or talk to the baby**

**Take the baby for a walk in a stroller or for a ride in the car seat**

**If your baby is not in distress,** place the baby in a safe place (such as his crib) and let him cry; check on him every 5–10 minutes to make sure he is all right

**Check with your baby's doctor if you think your baby is crying too much.**

## Ways to handle your frustration

**When your baby is crying. . .**

**Put the baby in crib,** make sure the baby is safe, close the door; check on the baby every 5–10 minutes.

**Relax,** take a bath or shower, exercise, or play music

**Call a trusted friend, relative, or neighbor** ask them to watch the baby and to give you a needed break

**Sit down, close your eyes, and take 20 deep breaths.**

**Think about how much you love your baby.**

**Talk to someone.** Call one of the crisis hotlines—911 or 1-800-FLA-LOVE.

Don't take your frustration out on your baby.

NEVER, NEVER, SHAKE A BABY!

