

NEVER SHAKE a Crying Baby!

It is usually out of anger or frustration that a parent or caregiver shakes a baby.

Sudden and repeated shaking may not seem that forceful to you or other caregivers, but it can lead to head trauma for a baby. Violent shaking of a child so small may cause Shaken Baby Syndrome (SBS), which can *result in death or the following injuries:*

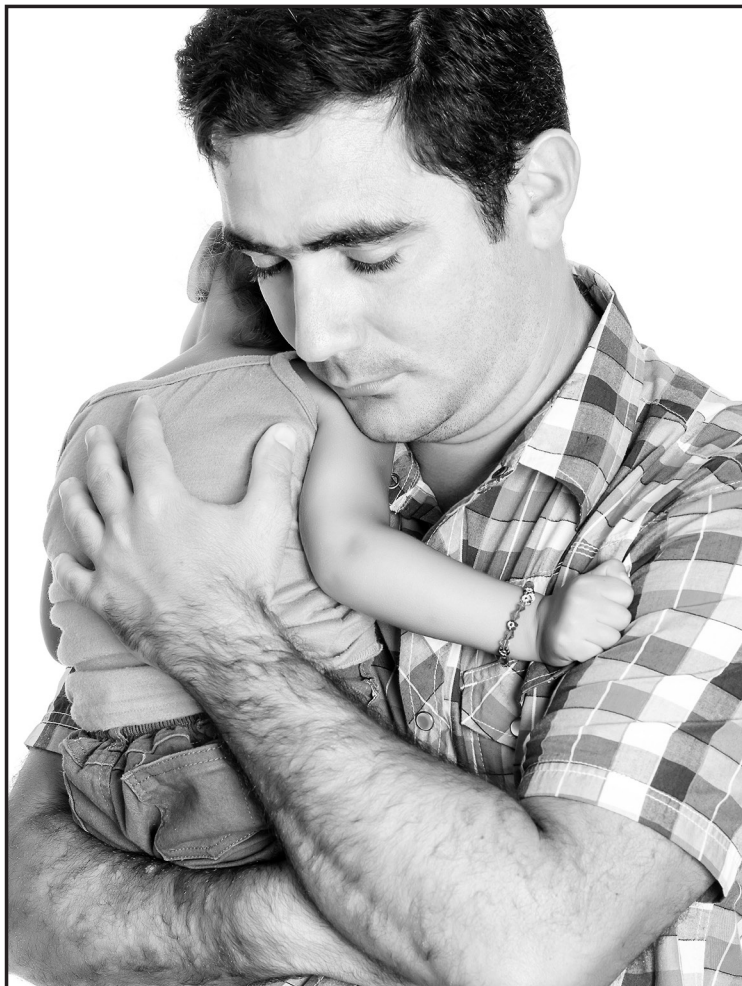
- * Brain damage and swelling
- * Developmental delays or mental retardation
- * Blindness, speech and learning difficulties or hearing loss

Babies cry because they are unable to tell us what they want or need. They have no control over their lives. *As a parent or caregiver, you do.* Consider these suggestions when you feel yourself losing control when crying occurs:

Calm a crying baby with these tips:

- * Check if a burp is needed, especially after eating.
- * Cuddle the baby. He or she may want to be held.
- * Check that clothing is not too scratchy or tight.
- * Feel the child's gums. Your baby may be teething.
- * Rub the baby's back with a light touch.
- * Take the infant to a quiet spot. Noise may be upsetting.

Learn how to soothe a crying baby while staying calm to prevent Shaken Baby Syndrome.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline

For more ways to keep calm
go to <http://pcav.org/family-resource-center/crying-baby-tips/>