



Learn More About Head Trauma

How to soothe your baby, and calm yourself

Shaking a baby in a moment of frustration can cause serious harm or death. It is normal to feel frustrated or stressed by the baby's crying. Parental frustration and fatigue may make you feel like you're about to lose your cool. Don't do it.

What happens when a baby is shaken?

Because of infants' weak neck muscles, violent or continued shaking can lead to:

- Cessation of breathing and heartbeat
- Seizures
- Limp arms and legs
- Decreased level of consciousness and vomiting
- Vision and hearing loss
- And more

Children of any age can die from being shaken. If you know or suspect your baby has been injured from being shaken, immediately take baby to the hospital.

Remember: It's more important for you to stay calm than to stop the crying!

What can I do when my baby won't stop crying?

- Make sure your baby is not wet, hungry or running a fever
- While sitting, hold baby across your thighs and pat his/her back gently
- Take the baby for a walk in a stroller
- Take a break - make sure baby is safe in crib and step away for a few minutes
- Chill out, breathe, and call a friend
- Turn down lights and play soft music
- Put baby down on a flat floor to see if they are tired of being held
- Check to see if baby's clothing is pinching or tight
- Put baby in a baby swing

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Parenting Can Be Tough
Asking for help doesn't have to be!

Find more resources online at scanva.org/prc