

PLEASE ... DON'T SHAKE THE BABY!

What is Shaken Baby Syndrome?

It is a combination of brain injuries and bleeding within the head caused by violently shaking a baby. These are NOT injuries that happen when you are casually playing with a child.

Of the 2,000 children who die each year in the United States from abuse and neglect, an estimated 10 to 12 percent die as a result of Shaken Baby Syndrome (SBS). Another 18,000 children are permanently disabled as a result of abuse.



What happens to children that are shaken violently?

They may have brain damage leading to a number of severe, life-long disabilities. About 25 percent of shaken babies die. Crying is a common trigger for shaking a baby.

What can you do when a baby cries?

- Feed slowly and burp by patting gently on the back.
- Offer a pacifier.
- Hold against your chest and walk or rock.
- Put on soft music or sing.
- Take the baby for a car ride or put into a baby swing.
- Take the baby's temperature. If he or she has a fever or seems in pain, call the doctor.

When nothing works ...

Lay the baby on his or her back in the crib and leave the room for a short break. Let the baby cry it out. Call a friend or relative to calm yourself.

Good news!

Don't give up, it gets better. Crying is natural and it slows down after three or four months in most children.

Call **1-(800)-CHILDREN** for more information
or to talk confidentially to a counselor.

Or visit us on the web at
www.preventchildabusega.org



Prevent Child Abuse
Georgia