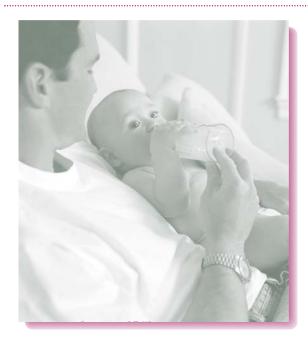
THE FACTS



- Shaken Baby Syndrome accounts for an estimated 10 - 12 percent of all deaths due to abuse and neglect in the U.S.
- Babies cry for many different reasons. All healthy babies cry. Don't take this personally babies cry because it's the only way they know how to express themselves. Babies eventually outgrow the crying.
- The number one reason a baby is shaken is because of crying. Typical victims are infants with colic who will not stop crying.
- Almost 80 percent of babies with Shaken Baby Syndrome were shaken by men.
- Shaken Baby Syndrome most often occurs prior to age one but has occurred in children as old as five years of age.
- Shaken Baby Syndrome occurs in families of all races, incomes and education levels.

If you suspect a child is being abused, neglected or abandoned, report this matter to the local Department of Health and Welfare or local law enforcement agency.

The following Department of Health and Welfare numbers are available to provide help 24-hours-a-day, seven days a week.

Boise (208) 334-0808 Caldwell/Nampa (208) 454-0421

Coeur d'Alene (208) 769-1515 (day)

(208) 769-1543 (night)

Idaho Falls (208) 528-5900

Lewiston (208) 799-4360

Pocatello (208) 235-2800 (day)

(208) 235-2525 (night)

Twin Falls (208) 734-4000

Keeping Children Safe



Mountain States Group
Child Abuse & Neglect Prevention Program

FOR INFORMATION, CALL 1-800-789-9939

Costs associated with this publication are available from the Department of Health and Welfare.

IDHW-10,000-34622-1/98. Cost per unit is \$.16 - cost from ESD

SHAKING CAN QUIET A CRYING BABY...FOREVER.



• Never shake a baby •

Babies die each year from being violently shaken. Many more are permanently injured.

THE CAUSE

Violent shaking causes Shaken Baby Syndrome. It happens most often when an adult loses control and shakes a child.

THE EFFECTS

Shaking can cause the brain to slam against the skull and bleed:

Shaken Baby Syndrome can result in one or more of the following:

- Death
- Bruising, swelling, and bleeding of the brain
- Seizures
- Permanent, severe brain damage
- Mental retardation
- Neck and spine injuries

THE SYMPTOMS

Shaking a baby is a form of child abuse. Possible signs that a baby has been shaken include:

- Dramatic changes in the baby's appearance and behavior
- Unconsciousness
- Drowsiness
- Pale or bluish skin
- Breathing problems
- Convulsions or seizures
- Blood in the eyes
- Unable to lift or turn head
- Limp or lethargic

THE SOLUTIONS

Here are some tips to prevent Shaken Baby Syndrome:

- Tell everyone who cares for your baby that it is never okay to shake a baby or young child. This includes the baby's brothers, sisters, baby-sitters, child-care providers, other family members, and friends.
- Make sure people who watch your child know how to handle their anger safely and appropriately.
- Never throw a small child in the air.
- Never shake your baby.

THE PREVENTION

Shaken Baby Syndrome can be prevented by learning to control your anger and frustration with a crying baby.

When your baby cries:

- Check to see if he of she is hungry
- Offer a pacifier
- Hold and cuddle the baby close to your chest
- Rock the baby
- Take the baby for a walk or ride in the car
- Bundle the baby in a soft blanket without covering the face
- Play soft music or introduce new sounds into the room by using a fan, vacuum, etc.
- Distract the child by putting a toy where it can be seen

Give yourself a break:

- Place the baby in a safe place, close the door, and go to another room. Remember, a little crying will not hurt your baby.
- Call a relative or friend and talk out your frustration.
- See if a relative or friend can watch the baby for you.
- Relax by listening to music, taking a shower, exercising, or doing housework. Take some deep breaths.
- Call your child's doctor for other tips on caring for a fussy baby.