

NEVER SHAKE A BABY



Remember,
NEVER SHAKE A BABY!

For more information and materials, contact:

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Taking care of a small child is a BIG job

Caring for a baby can be a warm and wonderful experience. However, there can be another side of taking care of babies that isn't talked about much...feelings of being frustrated, alone and overwhelmed.

If you've ever felt this way while taking care of a baby, rest assured that it's perfectly normal. After all, taking care of a baby is a big responsibility. Perhaps the baby has been crying a lot, and you can't figure out why. Maybe you are just plain tired, and are at your wits end. Whatever the reason for your stress, REMEMBER, it's NEVER okay to shake a baby!

It's never okay to shake a baby... the results can be tragic.

Shaking a baby can kill

Shaken Baby Syndrome refers to the injuries that result from violently shaking a baby. Even a few seconds of violent shaking can cause serious damage or death to babies and young children.

Injuries from Shaken Baby Syndrome include:

- Brain damage
- Blindness
- Paralysis
- Fractures
- Seizures
- Death



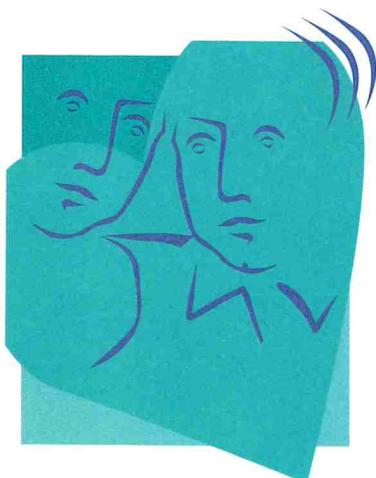
Shaking a baby is dangerous. It's child abuse.

Everyone who cares for your child must know

If you are a parent or if you care for a baby, it's important to know the dangers of shaking. If you add a fussy baby to the stresses of everyday life...fatigue, family problems, money problems and overwork...it's easy to see how someone can reach a breaking point.

Everyone who cares for a baby...babysitters, daycare providers, grandparents, boyfriends, girlfriends...should never handle a baby when feeling angry or frustrated. It is important to take the time to relax and calm down before caring for a baby.

Everyone needs to know about Shaken Baby Syndrome.



If your baby is crying and you're not sure why...

- Change her diaper.
- If he is hungry, feed him slowly and burp often.
- Offer a pacifier.
- Take the baby for a walk in the stroller or for a ride in the car.
- Check if he is dressed too warm or cool.
- Check for fever, rash or signs he may be sick. Call your health care provider if concerned.
- Wrap her snugly in a blanket, hug her closely and walk or sway.
- Run a vacuum cleaner or other "white noise" in the baby's room.



If you can't cope with your baby's crying...

- Put your baby in his crib or safe place, and leave the room for a few minutes. It's okay to let your baby cry for awhile.
- Try to let your frustration out in a safe way...watch TV, take a shower, listen to music, exercise...take some deep breaths, and calm down.
- Call your partner or a friend to talk out your frustration. Ask if they can relieve you for awhile.
- Remember, it's NEVER okay to shake a baby!



Asking for help is a sign of strength.

If you have questions about your baby's crying, you can:

- Call your doctor or health care provider, or
- Call the Parent Warmline, a free Children's phone service, at (612) 813-6336.

If you are at the end of your rope, reach out for help. Help is just a phone call away:

- Call 911 or your area's emergency number
- Call Crisis Connection at (612) 379-6363, or
- Call ChildHelp USA, a national child abuse hotline at 1-800-422-4453.

