

When your baby is irritable, make sure all his/her needs are met. Rock the baby in the crib or your arms, put him in his stroller and take a walk, or put him in his car seat and take a ride. If you feel your patience is evaporating and you're exhausted and can't take it any more, put your baby in his crib and leave the room for a while until you are calm again. Ask your partner to care for the baby or ask for help. Call a friend or a relative. Take a walk after getting some help before you take over again.

**Don't shake your baby.  
A moment of anger may  
haunt you for a lifetime.**

For more information call  
UI Health Access at 800-777-8442.

**CHILDREN'S HOSPITAL OF IOWA  
CHILD PROTECTION PROGRAM  
319-353-6128  
(Voicemail)**



*Child Protection Program  
Center for Disabilities and Development  
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Iowa City Iowa, 52242  
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319-384-6295 Fax  
[www.uihealthcare.com/children](http://www.uihealthcare.com/children)*



**Don't  
Shake Your  
Baby!**



**CHILDREN'S HOSPITAL  
of IOWA**

Funded by Children's Miracle Network

# Have you ever found yourself in a situation like this?

Your baby has cried non-stop for hours.

You've done everything you can think of, but the baby is still crying.  
You're frustrated and exhausted.

Nothing works.



## Which way do you react?

Do you lose control, grab the baby, and scream, "What do you want?" or "Shut Up!" or "I can't take this any more!" And then... you shake your baby in frustration.

Or do you back off, get help, and calm down before picking up your baby?

When an infant is shaken, the baby's head snaps back and forth. The vessels in your child's head cannot tolerate the impact of the extensive shaking. The vessels break, causing blood to empty into the baby's skull.

You didn't know it was so easy to cause your child's brain to bleed, did you? We know you don't want to harm your baby. You may simply be tired and angry for a moment. But if you lose control, even for an instant, it can haunt you for a lifetime.

You and your child may deal with possible neurological damage, mental retardation, seizure disorder, or blindness as a result.

Each year, about 1,000 children die because of shaken baby syndrome.

# Please don't shake your baby.