

Prevent Shaken Baby Syndrome! Tell Everyone You Know.. **NEVER NEVER** shake a baby

What every parent and caregiver should know:

- Each year about 1,000 children die from Shaken Baby Syndrome.
- Shaken Baby Syndrome occurs when a baby is shaken. The blood vessels in a baby's head cannot tolerate the impact of shaking and can break.
- Death, brain damage, mental retardation, seizures, or blindness may result from shaking a baby.
- Shaking usually happens when parents or caregivers become frustrated or angry when they are not able to stop the baby from crying.
- Shaken baby syndrome is 100% preventable!

Why is your baby crying?

- Babies communicate by crying when they are hungry, tired, need their diaper changed, or simply want to be held.

Babies and crying

- Remember, healthy babies may cry up to 2-3 hours a day. It is normal and it won't hurt your baby.

How to cope with your baby's crying

- If you have done everything you can think of, but still can not console your baby - do not lose control. Take a step back, put your baby in a safe place, and leave the room. Call a relative or friend for help, and remember the tips below.

Remember these ways to help calm your crying baby:



- **Basic needs** - Check to see if your baby is hungry, tired, needs a diaper change, or simply wants to be held.
- **Rocking** - Gently rock your baby, place your baby in a swing, go for a car ride, or take a walk.
- **Pacify** - Offer your baby a pacifier, a bottle, or even a tip of a finger to suck on.
- **Soothing Voice** - Talk to your baby in a calm, soothing voice to reassure him or her of your presence.
- **Swaddle** - Snugly wrap your baby's body in a soft blanket.

Crying Baby Hotline: 1-866-243-2229