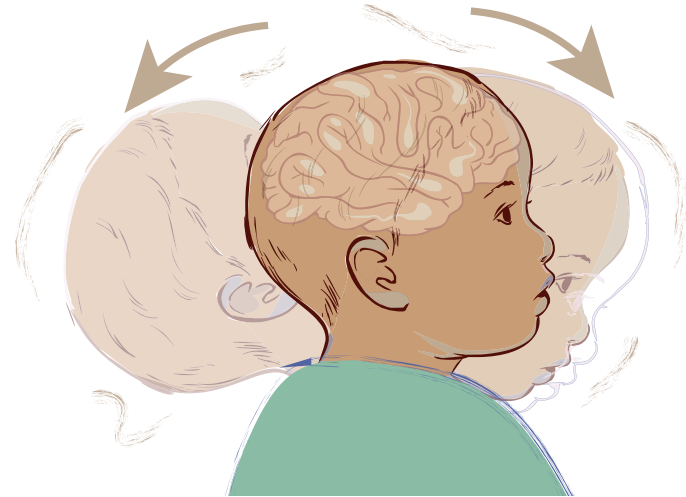


One in four children die from Shaken Baby Syndrome. It takes only a few seconds of shaking to cause permanent damage.

When a baby or young child is violently shaken, their head rolls back and forth causing their brain to hit the skull. This causes their brain to swell and bleed, even their eyes can bleed.



Shaking can cause:

- Permanent brain damage
- Blindness
- Seizures
- Cerebral palsy
- Paralysis
- Developmental disability
- Death

How can I prevent these injuries?

- Never, ever shake a child.
- Make sure that everyone who cares for your child knows not to shake them.
- Ask someone for help if you are frustrated and don't know how to make your young child stop crying.

Report child abuse.

New York State Child Abuse and Maltreatment Reporting Center
(800) 342-3720

Get help.

Prevent Child Abuse New York Parent Helpline

(800) 244 -5373
Trained specialist available 9 a.m. to 4 p.m.,
voicemail available after hours.
www.preventchildabuseny.org

National Center on Shaken Baby Syndrome

(801) 447-9360
www.dontshake.org

National Maternal Mental Health Hotline

Call or text: (833) 943-5746

Spread the word.

Share this information with others who care for your baby. Let them know that it is okay to ask you for help if they get frustrated.



health.ny.gov/ShakenBabySyndrome



Department
of Health

Never, Ever Shake a Baby



It is normal to feel frustrated and overwhelmed at times. If you get upset, there are things you can do to help yourself and your baby cope.

Shaken Baby Syndrome is a form of abuse.

When anyone shakes a baby or young child, their brain and body are seriously injured. Some children can even die.

Why does it happen?

Most people who shake a child are not trying to hurt them. Adults can get so upset that they lose control. They may be frustrated by nonstop crying, difficulty feeding a baby, or problems toilet training. Stress from money, work, or personal relationships can add to this frustration.

Remember, crying is normal.

Crying is how young children communicate. They may be too hot or cold, tired, or hungry, want attention, or need a diaper change. If your baby is crying, they might stop when you meet their needs.



These are signs and symptoms of Shaken Baby Syndrome.

- Very fussy, angry
- Very stiff or like a rag doll
- Very sleepy, inactive
- Seizures
- Not eating or poor appetite
- Difficulty breathing
- Vomiting
- Blood spots in eyes, dilated pupils

Think your child has been shaken? Call 911 or take them to the closest Emergency Department right away. Getting medical help could save your child's life.

How to calm a crying baby.

All babies cry a lot during the first few months of life. Crying does not mean that they are being bad or are angry with you. Crying helps babies balance emotions, stretch their muscles, and breathe better.

- Check to see if your baby is hungry, needs a diaper change, or is too hot or too cold.
- Check to see if your baby is sick or has a fever.
- Feed your baby slowly and burp them often.
- Rock your baby.
- Give your baby a pacifier or let your baby breastfeed.
- Play soft music, sing, or hum to your baby.
- Take your baby for a ride in a car or stroller.



It is better to let a baby cry than to risk hurting them.

- Put the baby in their crib, walk away, and take a break.
- Do something to relax: Take a bath or shower, watch TV, or listen to music.
- Sit down, close your eyes, and take deep breaths.
- Call a friend or family member to talk.
- Have someone come over to give you a break.