

## Shaken Baby Syndrome

### ➔What is it?

Shaking of a baby that causes **permanent, devastating** damage like:

Death  
Dyslexia  
Blindness  
Retardation  
Learning Disabilities  
Attention Deficit Disorder (ADHD)  
Inability to communicate

It **ONLY** takes about 4 seconds of shaking to cause these **permanent & devastating** effects!

### ➔Why does it happen?

Shaking of a baby usually occurs because the baby has been crying for a long time and the caregiver is tired, angry and frustrated. Shaking of a baby **ALWAYS** occurs when the caregiver is alone with the baby.

### ➔How can you prevent it?

Know what you can do **BEFORE** you may be in a situation where you might lose control and make others aware of what devastating damage shaking does to a baby. Also, be absolutely certain your baby is safe with a caregiver before leaving your baby.

## Fragile...

### NEVER Shake a Baby!

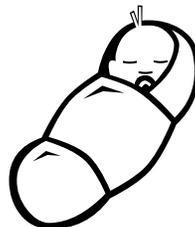
#### If Baby cries...

- Check diaper
- Feed or burp her
- Walk or rock him
- Offer teething ring
- Hum or Sing to him
- Wrap her in a soft blanket
- Snuggle him close to your chest

If you feel you might lose control, wrap him gently and place him in his crib & **leave the room** for a few minutes so you can calm yourself.

☎**Call a friend or relative to help you**

***If baby has a fever, is vomiting or the crying is louder & more constant than usual, go to the hospital or baby's doctor immediately!***



## Resources for Help

Casa de Esperanza  
⇒530/674-2040

Hold

Them

Hug

Them

Love

Them

# Do you know?

✓ Babies and children up to age five are at risk for head trauma.

✓ Babies and children's heads are large in comparison with their bodies and their neck muscles aren't that strong.

✓ Sudden shaking slams the baby's fragile brain against the skull causing devastating damage or death.

✓ Almost 50% of Shaken Baby Syndrome victims die.

~~~~~  
No matter how angry  
or frustrated you  
feel...  
Never shake a baby.  
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Shaken Baby Syndrome can be prevented. Be aware of the causes and how to prevent it.



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# Shaken Baby Syndrome *What to Know*



Sponsored by:

Sutter County Public Health  
Maternal, Child & Adolescent  
Health Program

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Sutter County Sheriffs' Department  
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## Never Shake A Baby