

Why Is Shaking A Baby Dangerous?

Babies are resilient, but infants and young children have certain qualities that can make shaking particularly damaging. Some of these characteristics include:

- Larger head compared to body
- Fragile, undeveloped brain
- Drastic size and strength difference between victim and perpetrator

Violently shaking a baby forces the head to whip back and forth, causing blood vessels in the brain and eyes to tear and bleed.



SHAKING MOTION

Possible consequences of shaking a baby or young child can include:

- Blindness
- Seizures
- Learning disabilities
- Physical disabilities
- Death



Myths About Shaken Baby Syndrome

Shaking an infant can cause bleeding within the child's brain and eyes, and massive brain swelling. The injuries of shaken baby syndrome occur when a child is violently shaken. Everyday handling of a child, playful acts or minor household accidents do not cause the forces necessary to create these injuries. Shaking injuries are NOT caused by:

- Bouncing a baby on your knee
- Tossing a baby in the air
- Jogging or bicycling with a baby
- Falls off furniture
- Sudden stops in a car or driving over bumps

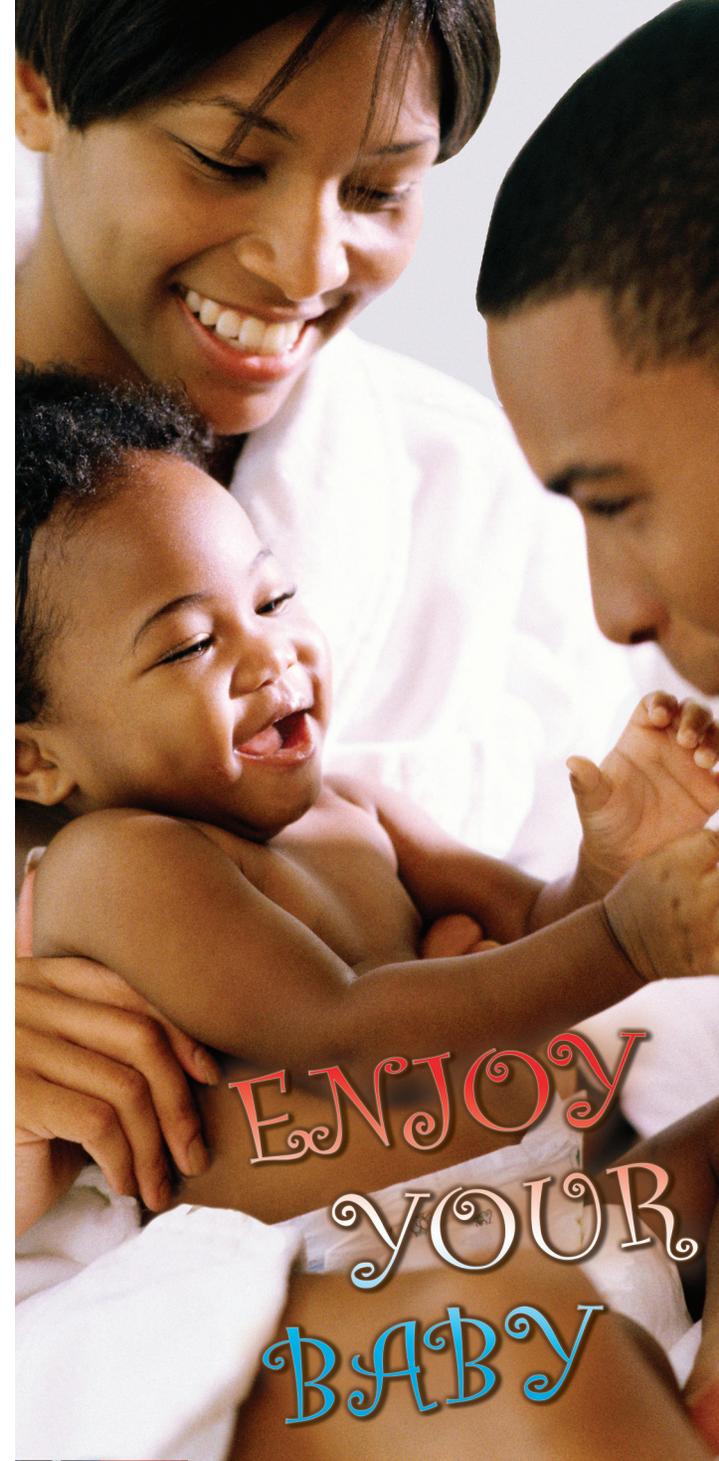
NEVER SHAKE A BABY!

If you need to talk to someone call
Military OneSource 24/7 at
1-800-342-9647
www.militaryonesource.com

National Center on
Shaken Baby Syndrome
www.dontshake.org

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Infant Crying Patterns

Listening to a crying baby can be very frustrating, but it is comforting to know that infant crying patterns are predictable and do eventually come to an end. Common infant crying patterns include:

- Crying that tends to increase and peak around two - three months of age
- Crying that occurs more often in the evenings
- Crying that can continue for long periods of time, 30-40 minutes, with no apparent reason
- Crying that is intense, but does not necessarily mean that your infant is in pain. Although it looks the same, babies often cry when they're not in pain
- Crying that continues despite the soothing efforts of caregivers
- Intense crying periods that come and go



Remember

If your otherwise healthy baby cries often, it doesn't mean there is something wrong with the baby or you.

What Your Baby's Crying Does To You

Even the most kind and loving caregiver can feel frustrated by a crying baby. These feelings don't make you a bad parent or caregiver. Feeling frustrated is very normal. If you feel yourself losing control, put the baby in a safe place, and take a moment to take care of yourself.

- Take a break from the sound
- Call a good friend
- Take a warm, soothing bath
- Listen to music
- Exercise



Remember

No healthy baby has ever died from crying, but they have died from being shaken.

What You Can Do

Caring for a baby can be a wonderful experience, but it can also be very frustrating when the baby won't stop crying. The following tips can be used to comfort your crying baby.

- Give the baby a warm bath
- Have the baby listen to and watch running water
- Turn up the volume slightly on a radio or CD player
- Take the baby outside or for a walk in the fresh air
- Take the baby for a ride in the car
- Dance with the baby



Remember

These tips won't work every time. Find other ideas and ask for help if you need it.

Please . . . NEVER Shake A Baby Or Young Child!