

# 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

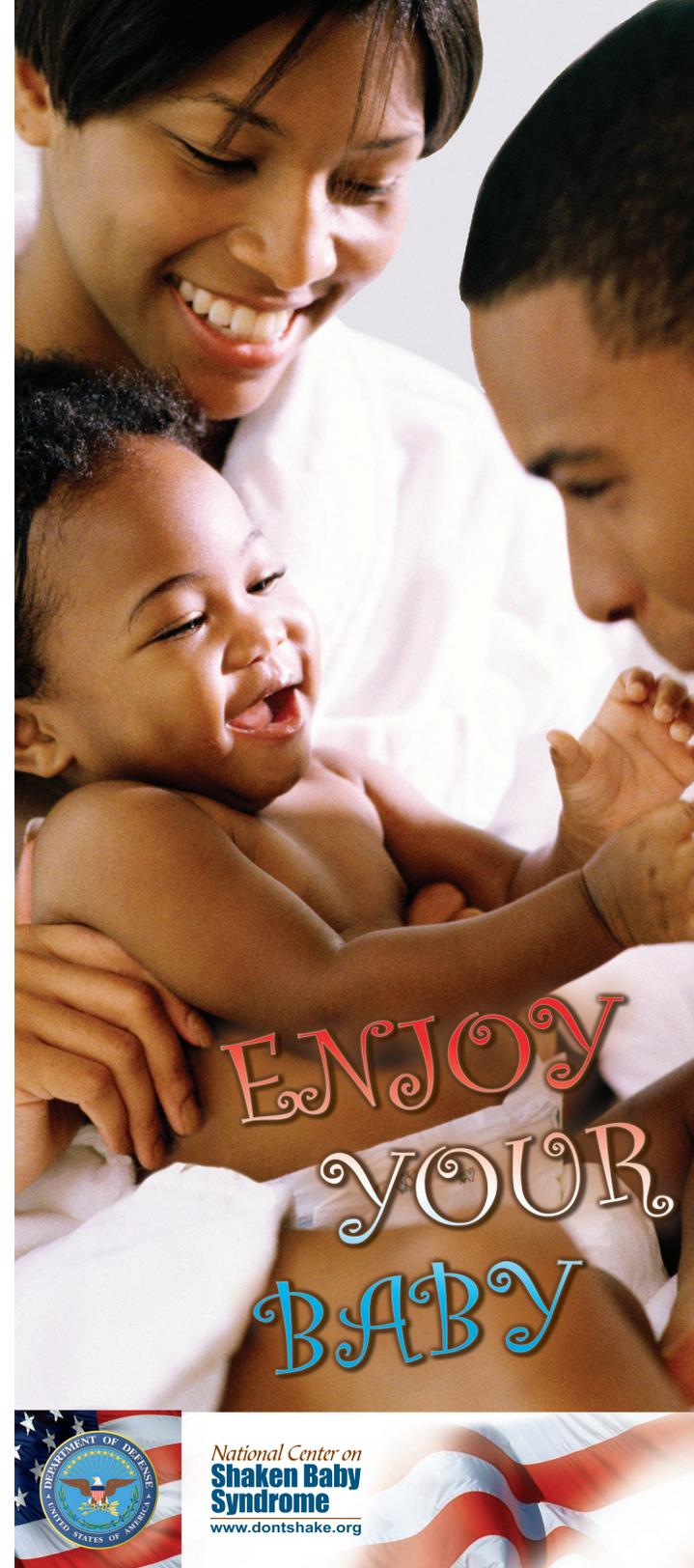
## NEVER SHAKE A BABY!

If you need to talk to someone call  
**Military OneSource 24/7 at**  
**1-800-342-9647**  
[www.militaryonesource.com](http://www.militaryonesource.com)

*National Center on*  
**Shaken Baby Syndrome**  
[www.dontshake.org](http://www.dontshake.org)

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[www.dontshake.org](http://www.dontshake.org)

# 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!