Keeping children safe at home:
Shaken Baby Syndrome

Shaken Baby Syndrome

- Shaken Baby Syndrome is a term used to describe the very serious injuries that can happen if a baby is roughly shaken.

- Children, especially babies, have very weak neck muscles and do not yet have full support for their heavy heads.

- When children are shaken, their brains move back and forth inside their skulls. This can cause serious injuries such as:
  - blindness or eye damage
  - developmental delays
  - seizures
  - damage to the spinal cord or paralysis
  - brain damage
  - death

- Shaken Baby Syndrome often occurs when a parent or caregiver shakes a baby when they are frustrated or angry because the baby will not stop crying.

Preventing Shaken Baby Syndrome

- Taking care of a baby can be difficult, especially if your child cries a lot. It is normal and natural to feel frustrated when you cannot calm a crying baby.

- If your baby is crying, do your best to calm him or her. Check to see whether the crying is a signal that your baby needs something like a diaper change, feeding, or help for a fever. Check if your baby is too hot or too cold.

- If you feel yourself getting upset or angry, put the baby in a safe place. Take a break from the sound of the crying by:
  - Listening to some music
  - Doing something you find relaxing like reading, taking a shower, or deep breathing
  - Exercising
  - Calling a friend or family member

- No matter how angry you get, never shake your baby.

- Tell everyone who cares for your infant that shaking a baby is dangerous. Let them know that it is okay to call you for help when needed.

- If your baby cries often, call your pediatrician. There may be a medical reason why your child is crying.

More info: [http://www.childsafetyeurope.org](http://www.childsafetyeurope.org)

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