



Shaken baby syndrome

Never shake a baby!

Caring for an infant can be frustrating, especially when a baby is crying and you can't figure out why. However, it is important for those caring for infants to learn how to contain their frustration and maintain control over their emotions.

Statistics prove that losing control is easier than people think and can lead to disastrous consequences. For instance, shaken baby syndrome, which is publicized more every day, claims the lives of one in four shaken infants.

According to research, males and child care providers are most likely to shake a baby, and nearly half of parents and other caregivers are unaware that shaking a baby can cause severe injuries and death.

The number one reason babies are shaken is inconsolable crying, so parents and other caregivers need to learn what to do in those circumstances. It is important parents educate anyone who cares for their baby about the dangers of shaking an infant.



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What parents can do

- Make a plan for what to do if your crying baby causes you stress, frustration or anger. Put your child in a safe place, such as a crib or playpen, and walk away until you are calm.
- Teach your child care providers about shaken baby syndrome.
- Do not hesitate to drop in on your child care providers. Do this as frequently as possible.
- Tell any person who takes care of your child the danger of shaking a baby and how to cope with the baby when she cries.
- Question your pediatrician's knowledge of shaken baby syndrome and ask them to educate themselves and others about shaken baby syndrome.

If your child has any of the following symptoms of shaken baby syndrome, immediately get medical attention.

- One or both eyes do not follow movements.
- One or both of their eyes are crossed.
- Poor sucking or swallowing
- Unexplained lethargy, sluggishness or listlessness.
- Unexplained vomiting.
- Seizures/convulsions.
- Unexplained or long periods of irritability.
- Inconsolableness.
- Decreased appetite.
- Difficulty breathing.
- High pitched cry.
- Stressful sounding cry.
- Stiffness of any part of the body.

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