

## If you think your baby has been shaken...

Call 911 or go to the closest hospital emergency room.

Signs and symptoms of Shaken Baby Syndrome include:

- Irregular, difficult or stopped breathing
- Extreme crankiness
- Convulsions or seizures
- Tremors or shakiness
- Vomiting more than usual
- Limp arms and legs
- No reaction to sounds or acts lifeless
- Difficulty staying awake



Asking for help is a sign of strength. If you feel frustrated and need help, please call the Help Line at 1-866-243-BABY

If you suspect a child has been shaken or abused, you should call the Child Abuse/ Neglect Hotline at 1-800-652-1999

“It is permissible to disclose protected health information to a public authority or other appropriate government authority by law to receive reports of child abuse or neglect.”

Federal HIPAA Privacy Law

ADA/EOE/AA



[www.dhhs.ne.gov](http://www.dhhs.ne.gov)

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## Never Shake a Baby



## WHAT IS SHAKEN BABY SYNDROME?

**1.** Shaken Baby Syndrome is a result of vigorously shaking an infant or young child by the shoulders, arms or legs. A single shaking episode usually results in bleeding in and around the brain leading to death or permanent brain damage.

**2.** The forceful shaking that causes Shaken Baby Syndrome is child abuse.

**3.** Infants and young children are more susceptible to Shaken Baby Syndrome because their heads are bigger in proportion to their bodies and their shoulders and neck muscles are weak and underdeveloped.

### NEARLY ALL SURVIVORS SUFFER FROM ONE OF THE FOLLOWING:

- Blindness
- Mental Retardation
- Seizures
- Cerebral Palsy
- Hearing Loss
- Paralysis (loss of muscle function)
- Broken bones
- Speech or Learning Disabilities
- Severe Developmental Delays

## CRYING IS A BABY'S WAY OF COMMUNICATING.

**Shaking most often occurs in response to inconsolable crying.**

### HINTS TO STOP A CRYING BABY:

- Stay calm
- Check for dirty diaper or diaper rash
- Feed the baby
- Make sure he/she is not too hot, too cold or has tight clothing
- Burp the baby
- Check for increased temperature or signs of illness
- Sooth signs/symptoms of teething
- Facilitate sleepiness



### Other Hints:

- Take the baby to a quiet room
- Hold the baby against your chest and walk or rock gently
- Try rubbing the baby's back
- Take the baby for a ride in a car or stroller
- Put the baby in an infant swing
- Check for possible other discomforts
- If nothing works, call someone for help

## IF YOUR BABY'S CRYING BOTHERS YOU:

Lay the baby down on his/her back in a crib and go to another room for a time out.

- Check on the baby every 5 - 10 minutes until the crying stops or you feel like trying to interact again
- Take deep breaths and slowly count to 10
- Call a friend or relative to talk
- Exercise
- Listen to music
- Read a magazine or book
- Ask for help

