

Children count on us
to keep them safe.
NEVER shake a CHILD.



Children's Version

Make your **CRYing Plan**

Crying happens. Make a plan now
for how you're going to deal with
crying when it does happen.
It can make all the difference.

Think ahead about what you will do
and how you will react. A Crying Plan
could make a life-changing difference
for you and your child.

NEVER, NEVER, SHAKE A CHILD.



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

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1 Choose a **C**alming Technique

- ♥ Play music
- ♥ Offer child a snack or something to drink
- ♥ Blow bubbles
- ♥ Take the child for a walk
- ♥ Offer a new activity
- ♥ Offer your child a nap, favorite blanket, or toy

2 Choose a **R**elief Method

- ♥ Take a deep breath and count to 10
- ♥ Put your child in a safe place and step away to give yourself a break, check in with your child once they have calmed down
- ♥ Release your tension (shake your arms, play music & dance) make sure when you are talking to your child, you remain calm and speak in a soft voice.
- ♥ Remember big emotions are normal, and will end. We are a safe place for their feelings
- ♥ Call a friend, relative, or someone you can trust for support or to give you a break
- ♥ Name & Number: _____
- ♥ Name & Number: _____
- ♥ Call the Nebraska Family Helpline at 888-866-8660, which is staffed 24/7
- ♥ A technique you have used in the past that has worked or add your own solution:

3 Discuss **Y**our **CRYing Plan**

- ♥ Talk with everyone who cares for your child about the best ways to calm your child. Ask them what they will do if they become frustrated and how they plan to cope.
- ♥ Remind all caregivers they can leave the child in a safe and enclosed space like a pack and play, step back for a few minutes to collect themselves, and go back to the child.
- ♥ Tell caregivers to call you before they become frustrated and ask for help. Write your name and phone number here:



Children's Version

Abusive Head Trauma/
Shaken Baby Syndrome,
is a form of child abuse

Abusive Head Trauma is more commonly known as Shaken Baby Syndrome. Most cases of Abusive Head Trauma occur when a caregiver becomes frustrated with a child's crying or behavior. It is caused by violent shaking or hitting.

Babies and young children can be seriously injured when they are shaken. Compared to the rest of their body, children and babies have large heads and weak neck muscles.

When a child is shaken, the head moves back and forth, whiplashing the brain against the skull, causing bruising, bleeding, and swelling inside the brain.

Children form a strong bond with their parent and feels uneasy when they are away from their loved ones. As the child grows into toddler hood, they typically want to do things on their own or according to their own wishes. This can lead to temper tantrums. Remember you CANNOT reason with a young child. Temper Tantrums are also another form of communication.

There will be times that you will feel overwhelmed and frustrated. Before your emotions get to you, STOP. Gently place your child in a safe place and walk away.

Remember that children have the same emotions that adults have. As their caregiver, teach them how to control and identify their behaviors.

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Injuries -

Shaking a child can cause injuries like:

- ♥ Blindness
- ♥ Learning disabilities
- ♥ Seizures
- ♥ Cerebral Palsy
- ♥ Paralysis
- ♥ Broken bones
- ♥ Speech problems
- ♥ Even death

Signs and Symptoms -

Of shaken baby syndrome include:

- ♥ Irregular, difficult or not breathing,
- ♥ Extreme crankiness
- ♥ Seizures
- ♥ Vomiting
- ♥ Tremors or shakiness
- ♥ Limp arms and legs
- ♥ No reaction to sounds
- ♥ Acts lifeless, difficulty staying awake

Nebraska Family Helpline. Any Problem. Any Time.

1-888-866-8660



If you think your child has been shaken, get help by **calling 911** or going to the closest hospital emergency room.