

# 1 Choose a **C**alming Technique



- ♥ Swaddle the baby, hold baby close
- ♥ Use "white noise" or rhythmic sounds like a vacuum cleaner or fan
- ♥ Offer a pacifier
- ♥ Sing, talk to the baby or use a shushing noise
- ♥ Gently rock the baby or use an infant swing
- ♥ Put the baby in a car seat and take a ride in the car

# 2 Choose a **R**elief Method



- ♥ Put the baby down on the back in a safe place like a crib, close the door and walk away. Give yourself a break. Check back every 5 to 10 minutes until the crying stops or when you are calm.
- ♥ Call a friend, relative or someone you trust for support or to give you a break.
- ♥ Who and phone # \_\_\_\_\_
- ♥ Who and phone # \_\_\_\_\_
- ♥ Call your healthcare provider
- ♥ A technique you have used in the past that has worked or add your own solution:  
\_\_\_\_\_

# 3 Discuss **Y**our **C**rying Plan



- ♥ Talk with everyone who cares for your baby about the best ways to calm your baby. Ask them what they will do if they become frustrated and how they plan to cope.
- ♥ Remind all caregivers they can always put the baby down in a safe place and walk away for a few minutes.
- ♥ Instruct caregivers to call you before they become frustrated and ask for help. Write your name and phone number here:  
\_\_\_\_\_

## Make your **C**rying Plan

Crying happens. Making 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 baby.

**NEVER, NEVER, SHAKE A BABY.**

More information about Abusive Head Trauma is on the Nebraska Department of Health and Human Services website at: [dhhs.ne.gov/MomAndBaby](http://dhhs.ne.gov/MomAndBaby)



**NEBRASKA**

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Date: \_\_\_\_\_

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**Babies count on us to keep them safe.**

**NEVER Shake a Baby!**



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

**A**busive Head Trauma is more commonly known as Shaken Baby Syndrome. Most cases of Abusive Head Trauma occur when a caregiver becomes frustrated with a crying baby or child and shakes them to stop the crying.

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

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

Babies cry.

Sometimes they cry a lot.

So much you may feel like you can't take it any more! Crying is a baby's way of communicating and it is normal. It is OK to let your baby cry—a baby won't die from crying, but they can die from being shaken. Non-stop crying is a primary trigger for shaking a baby.

Sometimes you might become overwhelmed or frustrated. Before you lose it, STOP. Gently put your baby down someplace safe, and walk away.

It's ok to take a break.

Whatever you do,

**NEVER, NEVER, SHAKE A BABY.** ←

**Injuries - Shaking a baby can cause injuries like:**

- ♥ Blindness
- ♥ Learning disability
- ♥ 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

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



**Nebraska Family Helpline. Any Problem. Any Time.**

**1-888-866-8660**

