



Family Nurturing Center
A PROTECT AND COMFORT INFANTS (PACI) PROGRAM

SHAKEN BABY SYNDROME

Shaken Baby Syndrome is a form of injury caused by violently shaking an infant or child. 25% of babies shaken will die soon after suffering the horrible abuse. The violent shaking may result in severe injuries including permanent brain damage AND then death. Children are vulnerable up to 5 years old. Those who survive may be left with a life of blindness, unable to hear, unable to talk, or unable to walk. Many eventually die before they are four years old.

Shaking a baby even for a few seconds can injure the baby for life.

Shaking a baby is child abuse.

The number one reason given for shaking a baby is to stop him/her from crying. Inconsolable crying can be difficult for the best parents, but it is a frustrated, even enraged adult who has lost all self control that resorts to abuse. The consequences of this abusive behavior are devastating for the baby, the rest of the family, and the perpetrator.

WHAT ARE THE SYMPTOMS AND SIGNS OF SHAKEN BABY SYNDROME?

Unable to turn head	Body pulls to one side	Seizures
Lethargic, hard to rouse	Dilated or pinpoint pupils	Blind
Bruises on chest, back, ribs	Blood pooling in eyes	Can't Hear
Vomiting without diarrhea	Eyes don't respond to light	Can't Talk
Difficulty Breathing	Unconscious	Can't Walk

Dead

Important Facts About Shaken Baby Syndrome (SBS)

- SBS is the most common cause of death and accounts for the most long-term disability in infants and young children who have been physically abused.
- One out of four of the babies that are shaken do not survive.
- Children who do survive often have long-term medical disabilities.
- Incessant crying is often the trigger for shaking.
- The average age a baby is shaken is between 2 and 4 months.
- Baby boys are shaken more frequently than baby girls.
- Approximately 70% of the perpetrators are male, usually the biological father or boyfriend; often young and caring for the infant for the first time.
- Approximately 12%-17% of the perpetrators are caregivers.
- Only a small % of mothers shake their babies.
- Older children can also sustain injuries if shaken with enough force, but infants are more susceptible to injury because of their heavy heads and weak neck muscles.
- With SBS, three significant symptoms occur at the same time. It is rare that these three symptoms would occur together as a result of anything else.
 - Subdural hematomas – collection of blood – intracranial bleeding
 - Retinal hemorrhages – massive bleeding behind the eyes
 - Cerebral edema – swelling of the brain causing further damage

Free Presentations Available to parent groups, corporations, organizations, church groups and schools.

Contact: Family Nurturing Center
8275 Ewing Blvd, Florence, KY 41042
859-525-3200 www.familynurture.org

TIPS FOR CALMING A CRYING BABY

- First!! Always have a safety plan for yourself and ANYONE caring for your baby. Immediately buy Happiest Baby On The Block DVD by Dr. Karp to learn the most up-to-date techniques to soothe a baby. www.thehappiestbaby.com
- Check to see if the baby needs changing, is hungry, too hot, or too cold.
- Feed slowly and burp often.
- Give the baby a pacifier, or let the baby nurse.
- Use Dr. Karp's, Happiest Baby On the Block, *shshshing* technique.
- Play soft music, sing, or hum.
- Wrap baby in Swaddling blanket.
- Hold against your chest, in your arms in a soft infant carrier and walk, rock or swing gently from side to side.
- While sitting, lay baby face down across your knees and gently pat or rub their back.
- Put baby in a baby swing.
- Run a vacuum cleaner within hearing range of the baby.
- Take the baby for a ride in a stroller.
- Strap baby into a child safety seat to take baby for a ride in a car.
- Place baby in their crib for a few minutes. They may calm down on their own.

SAFETY PLAN IF NOTHING SEEMS TO WORK:

- Place baby in a safe place like a crib or playpen, on their back or side, in a darkened room and let your baby cry alone for a few minutes while you take a time out.
- Take a deep breath and count to ten and calm YOURSELF.
- Get on the Phone and Call a friend or family member for emotional support:
Phone # _____
- Call the Parent Helpline 513-961-8004 (9:00-5:00 Mon.-Fri.)
- Call your doctor, there may be a medical reason.

Nurture Your Self

Nurture Your Baby

Choose Baby Sitters Carefully

Every day is a new opportunity to nurture yourself and your baby.

- Moms and Dads need love, support, friends and family. Stay connected!
- Babies need attention and affection to feel loved and to thrive.
- Moms needs sleep too! Try to nap when baby naps.
- Baby sitters (including family and friends) need instructions, too.
- Your thoughts determine your feelings and your behavior.
- Take responsibility for your thoughts and feelings and behavior.

Never let yourself get

Too **H**ungry
Too **A**ngry
Too **L**onely
Too **T**ired



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