

PACI - Protect and Comfort Infants Program

PACI is a community education program designed to prevent Shaken Baby Syndrome. Shaken Baby Syndrome is an entirely preventable form of child abuse. Violent shaking can result in brain damage, partial or total blindness, and mental retardation. The overall outcome for children with Shaken Baby Syndrome is poor. More than two thirds of the young victims suffer a permanent disability or death.

The PACI Program offers a broad range of education and prevention services, including:

- Educational packets provided to mothers of all new babies delivered at St. Elizabeth Healthcare hospitals.
- Free presentations to junior high and high school classes, child care providers, parent associations, professional groups, community events and more.
- Trainings, videos and resource materials.

We intend to make sure that every person in our region knows the dangers of shaking a child. More than that, we are reaching out to parents and caregivers to make sure that they have both coping strategies and comfort techniques to utilize when faced with a crying infant.

NEVER, NEVER SHAKE A BABY!



With grateful appreciation to the Council on Child Abuse of Southern Ohio for sharing their expertise and materials. Special thanks to the National Center on Shaken Baby Syndrome for permission to use their written materials.

Kentucky state law now requires education on pediatric abusive head trauma (Shaken Baby Syndrome) for a number of professions.

For more information, or to schedule a training, please call (859) 525-3200, ext. 20



Shaken Baby Syndrome is an Entirely Preventable Form of Child Abuse

Learn more about Shaken Baby Syndrome and what you can do to help protect and safeguard our most vulnerable citizens. Knowing the facts and sharing the information with parents, grandparents, caregivers and other community members can save a life!

“Mike McGinnis remembers the night before Kelsey was shaken, because it was the first time his daughter giggled, and the last. Kelsey was shaken at 8 weeks by her trusted child care provider. Today, Kelsey is 4 years old and unable to lift her head, suck or swallow and needs to be fed through a feeding tube. Kelsey will never walk, talk, roll over or say I love you.”

The National Center on Shaken Baby Syndrome (n.d.) Family Stories, Powerful Parents Move San Diego Audience to Tears, Retrieved January 4, 2005 from <http://www.dontshake.org>

Did You Know?

1. Babies are vulnerable to Shaken Baby Syndrome up to four years of age.
2. More babies die from Shaken Baby Syndrome than from any other form of abuse.
3. Babies shaken suffer brain damage that can result in babes being blind, deaf, paralyzed or mentally retarded.
4. Babies are shaken when their crying triggers an adult's use of violence and loss of self control.
5. Babies shaken can cost the Commonwealth of Kentucky \$1,000,000 a year per baby.

TIPS ON COMFORTING YOUR BABY

After determining your baby is not hungry, cold, in pain, or uncomfortable in a diaper, try one of these tips:

1. Pick the baby up! Studies show that babies who are carried or held close more than 3 hours a day cry 50% less than other babies.
2. Soothing, repetitive sound - a lullaby, a washing machine or vacuum cleaner, your heartbeat, the taped sounds of an ocean or waterfall.
3. Rhythmic motion - a rocking chair, walking, travel in the car.
4. Swaddling - snug wrapping with a blanket.
5. Maintain a daily routine and schedule.
6. Massage and touch. Try placing her tummy down on your knees and rubbing her back.
7. If you use a pacifier, try giving one for comfort sucking.
8. Manage your own stress levels. Ask for a break when you need it. If you can't find relief with another trusted adult, then put your child in a safe place like a crib and walk away for a few minutes.

For more details call, the Education and Prevention Specialist at 525-3200, ext. 20.

Family Nurturing Center Programs

Family Nurturing Center provides a comprehensive array of programs and services designed to help children and families. Current services include:

Child Abuse Treatment Services - Individual and group therapy for child victims of abuse: sexual, physical, domestic violence, emotional/neglect and other violent crimes. These free programs include a case management component, individual and family counseling, social and healthy coping skills groups, and therapeutic groups for child sexual abuse victims.

Community Education and Training - Specialized fee-based training programs and seminars covering topics such as parenting, child development, child abuse recognition and reporting, impacts of abuse, the nurturing philosophy and more.

Every Parent's Library - A free parenting video lending service for expectant parents and parents with children ages birth to 2 years. Each video will provide parenting advice from the experts for developing parenting skills, ways to reduce stress, and methods to improve your child's health.

H.O.P.E. - (Helping Others Parent Effectively) Comprehensive parent education and support for families referred by Hamilton County Job and Family Services. Services may include parent coaching, parent-child interaction therapy, and group-based programming.

Kids on the Block - Child abuse education and awareness program using life-size puppets in local elementary schools and community events. This free traveling puppet troupe gives children the tools they need to recognize, resist and report child abuse.

Nurturing Parenting Programs - Family-based parenting education programs proven to help families develop healthier, stronger relationships. A variety of curricula are available including programs for parenting of infants and toddlers, school age and adolescent children, as well as the Nurturing Fathers Program. These free programs are provided in Boone, Campbell, and Kenton counties.

Stewards of Children - Public education program designed to educate adults on how to prevent, recognize and respond responsibly to child sexual abuse. This free program is available to private and public agencies, schools, law enforcement, clergy and parents.

Visitation - Supervised visitation promotes healthy relationships between children and non-custodial parents. Our Facilitated Visitation programs occur in Hamilton County location for families referred by Hamilton County job and Family Services.

Family Nurturing Center is a not for profit organization dedicated to ending the cycle of child abuse by promoting individual well-being and healthy family relationships. Since 1979, Family Nurturing Center has been at the forefront in providing quality, innovate and effective child abuse prevention, education and treatment programs in our community.

Most direct service programs are offered at donated sites across Northern Kentucky. Strong community support, a dedicated staff, and the spirit of volunteerism allow this agency to provide quality programs in a very cost-effective manner. Many Family Nurturing Center services are offered free of charge. Please call (859) 525-3200 or see www.familynurture.org for more information.



Family Nurturing Center®

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