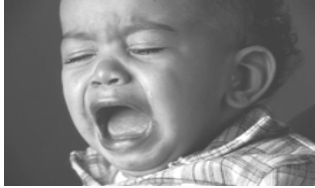


# Coping with a Crying Baby

When a baby cries, remember that this is the way he or she communicates with you. Be patient and see what your baby needs.



Try the following:

- Pick up the baby and comfort him.
- Make sure all the baby's basic needs are met. Check the baby's diaper and change it if wet or soiled, see if the baby is too hot or too cold. Feed the baby slowly and burp the baby often.
- Offer the baby a pacifier.
- Take the baby to a quiet room. Walk around or rock the baby holding her close to you.
- Take the baby for a ride or put him in a baby swing.
- Call a friend, relative, or neighbor.
- If all else fails and the crying is wearing you out or upsets you, separate yourself from the baby for a while by putting her in her crib, making sure she is safe, closing the door, and checking on her every 5 minutes or so. If possible, see if someone else can take over comforting the baby. Take a few moments to do something that will help you relax such as closing your eyes and taking a few deep breaths.



Always hold and cuddle the baby to show you care about him/her.



Always support your baby's head while holding, playing with, or transporting him/her.



Learn what to do if your baby won't stop crying.

**Share this brochure with all of your child's caregivers**

## Jefferson County Public Health

Lakewood Arvada  
Edgewater

(303) 232-6301

[www.jeffco.us/health](http://www.jeffco.us/health)

May 2011



# Don't Shake a Baby!

## Shaken Baby Syndrome



**Jefferson County Public Health**  
303-232-6301  
[www.jeffco.us/health](http://www.jeffco.us/health)

*Public Health...Everyday, Everywhere, Everyone*

# Babies Get Injured by Shaking

Shaken Baby Syndrome (SBS) is a leading cause of death in children under age one in the United States. It occurs when a frustrated caregiver “shakes” a child, usually to stop them from crying.

Every year, there are an estimated 50,000 new cases of SBS in the U.S. Studies have indicated that 7,500 to 15,000 infants and children who are shaken will die as a result.

Shaking a young child has a different effect than it does with an adult or even a 10 year old. This is because a young child has a large, heavy head combined with weak neck muscles, and a brain that is still developing.

Shaking a baby causes a whiplash effect. The brain strikes the inside of the skull as the baby’s head rapidly moves back and forth. The brain starts bleeding, causing pressure which damages the tissue.

The result can be permanent brain damage and even death. In other cases, shaking has damaged the spine, caused broken bones or dislocations.



## Symptoms of SBS

The symptoms can range from mild forms of irritability, poor feeding, vomiting, and tiredness to the more serious symptoms of breathing difficulties, seizures, coma and death. Children who have any of these symptoms should receive immediate medical attention.

Shaken Baby Syndrome can cause death. The remaining survivors suffer from one or all these problems:

- Permanent brain damage
- Cerebral palsy
- Paralysis
- Blindness
- Deafness
- Severe learning and behavioral problems
- Permanent vegetative state



**Shaken Baby Syndrome  
is preventable!**

## Prevention

- Most people who shake their infants do not mean to hurt them. Some people shake a child to stop what seems like endless crying. A child will eventually stop crying on its own.
- Some studies have shown that 25-50% of teenagers and adults did not know that shaking a baby could be dangerous.
- Everyone who cares for a child must learn that **shaking is very dangerous and can be deadly**. Share this brochure with all of your child’s caregivers!
- See **“Coping with a Crying Baby”** in this brochure for more suggestions on calming both the baby and yourself.



*If you need help, call:*

**Childhelp USA**  
(1-800-4-A-CHILD)  
(1-800-422-4453)

**National Committee to  
Prevent Child Abuse**  
(1-800-CHILDREN)  
(1-800-244-5373)