

## Choose Your Baby's Caregivers Wisely:

### Before leaving your baby at any day care or with someone else, ask yourself:

- Does this person want to watch my baby?
- Is this person good with babies?
- Will my baby be safe with this person?
- Have I shown this person my Crying Plan?

### Don't Leave Your Baby With Anyone Who:

- Is impatient or annoyed when your baby cries.
- Says that your baby "cries too much."
- Becomes angry if your baby cries or bothers him/her.
- May treat your baby roughly because they are angry with you.
- Has a history of violence.
- Uses drugs and/or alcohol.

## Prevent Shaken Baby Syndrome

- Babies need attention most of the time.
- Babies cry for many reasons. Learn to read your baby's cry.
- Some babies cry more than others.
- It's okay to feel frustrated when a baby won't stop crying.
- It's NOT okay to shake a baby to stop the crying.
- You can't hold a baby too much.
- Babies cry. Have a plan.



## Helpful Resources

[www.arkansasctf.org](http://www.arkansasctf.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.dontshake.org](http://www.dontshake.org)



# You Can Prevent Shaken Baby Syndrome



4815 West Markham  
Little Rock, AR 72205  
[www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)





## What is Shaken Baby Syndrome?

- It's a serious brain injury
- It's a form of child abuse that can be prevented
- It happens when the baby is forcefully shaken, which causes the brain to move inside the skull
- Babies are usually shaken when the caregiver becomes angry or frustrated that the baby won't stop crying and can't be soothed. This is child abuse and must be prevented!

A crying baby can be very frustrating when nothing you do stops the crying! All babies cry – some more than others. They cry because they are hungry, uncomfortable, in pain or sick. Babies also cry to be held. You can't spoil a baby who is less than 6 months old by holding him too much.



*You can prevent Shaken Baby Syndrome with a Crying Plan*

## Here's a Crying Plan You Can Follow

### To Calm Your Baby:

- Try rocking, cradling or cuddling your baby close to you.
- Use a close-fitting infant carrier or gently swaddle your infant in a baby blanket.
- Rock or swing your baby in an infant swing.
- Take the baby for a car ride with the child securely fastened in a car seat.
- Play soft music or sing to the baby in a soft, soothing voice or make shushing sounds.
- Hold your baby and bottle upright so that as little air goes into your baby as possible.
- If your baby is formula fed or has been successfully breast feeding for 3 weeks, sucking on a pacifier can trigger a calming reflex.
- Switching from breastfeeding to formula, or vice versa, rarely helps; but if you think changing the formula might help, discuss it with your doctor.
- If you've tried these steps and the crying hasn't stopped, put your baby in an empty crib on her back to cry while you take a break or call a family member or friend for support.

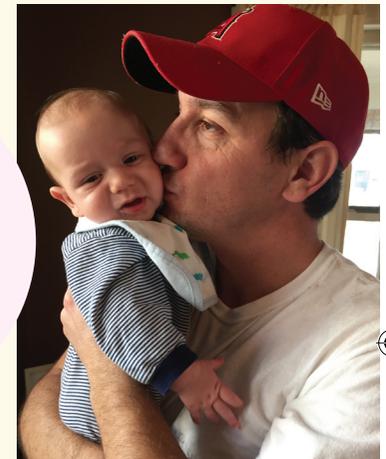
### To Calm Yourself:

- Leave the room
- Take 10 slow deep breaths
- Wash your face
- Do sit ups or walk up and down the stairs a few times
- Take a walk outside for five minutes



*Remember, if your baby is not sick or hurt but continues to cry, it's never okay to shake a baby. It's more important for you to stay calm than stop the crying.*

## What are the Signs of Shaken Baby Syndrome?



- Limpness
- Trouble breathing
- Poor feeding and sucking
- Fussiness
- Seizures
- Vomiting
- Pale or bluish skin
- Unresponsiveness/will not wake up



*Never shake your baby! It could cause a brain injury or even death.*