

Shaken Baby Syndrome

DID YOU KNOW...

- Shaking a baby can cause severe consequences such as blindness, brain damage, paralysis, speech difficulties, learning disabilities, seizures, and even death.
 - A baby's brain, and the blood vessels connecting the skull to the brain, are fragile and immature. Therefore, when a baby is shaken, the brain ricochets about the skull, causing the blood vessel to tear away and blood to pool inside the skull.
 - Even tossing in the air or bouncing on the knee has the potential to cause damage to a baby and should be avoided.
 - Almost 80% of the perpetrators of Shaken Baby Syndrome are male, and more than 60% of the victims are male.
 - Approximately 4 babies in Utah die each year from Shaken Baby.
 - The number one reason for shaking is inconsolable crying.
- Tips for coping with a crying baby...
- o meet the babies basic needs
 - o check for signs of illness
 - o place baby in swing
 - o check that clothes aren't too tight
 - o offer baby a toy
 - o be calm and hold baby close
 - o sing to baby
 - o rock, walk or dance baby
 - o go for a ride in the car
 - o swaddle in a blanket
 - o play music or run vacuum
 - o give a bath
 - o give baby a pacifier
 - o massage baby
- If you have met babies basic needs and done all you can do to try to calm the baby, it is okay to leave the baby in a crib or other safe place and go to another part of the house for a while. Checking on the baby every 10-15 minutes.
 - If possible call someone for help and support.