

Shaken Baby Syndrome

S

SHAKING a baby or child – even a little out of anger or while playing can cause brain injury or death.

H

HOW does **SBS** happen? Often frustrated adults shake a baby or child to try to make them stop crying. Even a few shakes can cause damage because of children's weak neck muscles.

A

AWARE – be aware of the physical signs of Shaken Baby Syndrome.

- Difficulty Breathing or track movement
- Extreme irritability
- Vomiting for no apparent reason
- Bulging or spongy forehead
- Poor sucking or swallowing
- Inability to lift head
- Inability to focus eyes
- Lethargy
- Seizures
- Bruises on shoulders, neck, or arms
- No smiling or vocalization
- Unequal size of pupils

K

KNOW your limits. If your stressed, get help with the care of the child. Anger, exhaustion, depression, and frustration can push adults to lose their tempers. **KNOW** who watches your children. Make sure family members, friends and child care teachers are aware of how easy it is to injure a baby or child.

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IF you see someone shake a baby or child accidentally or on purpose, call 911 or take the child to the emergency room. Immediate medical attention could save a life.

N

NEVER shake a baby or child. Brain damage, paralysis, mental retardation, seizures, blindness, and death can result.

G

GET support and help for yourself with a crying, fussy child. Take deep breaths, let your frustration out in a safe way, ask a friend or relative to relieve you for a break.

