



Do Your Homework Before Choosing a Care Provider

It's important that you ask yourself the following questions when carefully considering a caregiver for your child:

- » Does this person have a history of violence?
- » Will this person become frustrated or angry if my baby cries?
- » Have I told this person that a baby should never be shaken?
- » Is this person good with babies?
- » Has this person had children removed from his or her care because he or she was unable to care for them?
- » Does this person know to call someone immediately if they become frustrated while caring for the baby?
- » Did I find this person from someone I know?
- » Does this person abuse alcohol or drugs?

For more information call **TRUSTLINE**
California's Background Check for In-Home Child-Care at (800) 822-8490 or visit
<http://www.trustline.org>

Preventing Shaken Baby Syndrome/ Abusive Head Trauma

Resources

Get Help Now!

**CHILDHELP NATIONAL ABUSE
HOTLINE**

This is a free, confidential 24/7
counseling & crisis line for parents.

(800) 4-A-CHILD | (800) 422-4453

Other Resources

**National Center on Shaken
Baby Syndrome**

<http://www.dontshake.org>



<https://www.cdss.ca.gov/inforesources/ocap>



To care for your baby, you need
to care for yourself.

Helping parents find ways to cope with
crying and understand the long-term
effects of shaking an infant.



Never Ever Shake a Baby

To care for your baby, you need to care for yourself.

- » If you are getting upset or losing control, focus on calming yourself down. Put the baby in a safe place and walk away to calm down, checking on the baby every 5 to 10 minutes.
- » Call a friend, relative, neighbor, or parent helpline for support.
- » Remember that caring for a crying baby can be very frustrating, but infant crying is normal and it will get better.
- » Be sensitive and supportive in situations when other parents are trying to calm a crying baby.



Why do babies cry?

Babies cry because it's the only way they know how to express their wants and needs. They cry to let you know that they are:

- » Hungry
- » Thirsty
- » Tired
- » Hot
- » Cold
- » Not feeling well
- » Need a diaper change
- » Uncomfortable
- » Teething
- » Scared



Have a Plan:

Knowing what to do when your baby is crying can help reduce your stress level.

Try to keep a daily routine:

- » Eat healthy and drink plenty of water
- » Get as much rest as possible
- » Create a solid support system for your family
- » Do something for yourself everyday



How to calm your crying baby:

Check and tend to physical needs. Is your baby:

- » Hungry
- » Thirsty
- » Hot
- » Cold

Does your baby:

- » Need to be burped
- » Need a diaper change
- » Have something wrapped around his/her finger or toe, causing them pain (hair tourniquet)



The 5 S's of soothing your baby*:

- » **S**waddling and laying your baby on its back
- » **S**ide or stomach position is comfortable for your baby while you are holding him/her
- » **S**ounds like your voice, soft music or white noise can be soothing to your baby
- » **S**winging your baby gently in your arms or a rocker
- » **S**ucking on a pacifier or feeding can help calm your baby

**as developed by Dr. Harvey Karp*

What is Shaken Baby Syndrome/Abusive Head Trauma?

This is a serious brain injury from enduring blunt impact to the head or being forcefully shaken. When a baby is shaken, the brain is at serious risk for trauma caused by movement in the skull.

The most common trigger for caregiver conduct leading to abusive head trauma is inconsolable crying. Babies less than one year old are at greatest risk of injury from abusive head trauma.

Shaking a baby can cause:

- » Brain damage
- » Blindness
- » Spinal injuries
- » Paralysis
- » Seizures
- » Learning and behavior problems
- » In extreme cases, death

Signs your baby may have been shaken:

- » Rigidity
- » Seizures
- » Lethargy
- » Vomiting
- » Coma
- » Difficulty breathing
- » Dilated pupils
- » Blood spot in eyes

Seek immediate or urgent medical care if you notice any of the listed signs.