



# Never Shake A Baby, Ever!

**Warning: Even moderate shaking can result in blindness, permanent brain damage or death.**

### The Dangers of Shaken Baby Syndrome

There is no one type of person who will shake a baby. Every one from young babysitters to grandparents have done it. Usually it's done to make a baby or young child stop crying. But it often only makes the situation worse, causing more vigorous shaking, until brain damage or death occurs. You probably aren't aware of the dangers of shaking a baby. Most people aren't in fact, it's estimated that between 25 and 50 percent of parents and caregivers aren't aware of the serious dangers of shaking a baby.

### Here's what can happen

Infants and young children up to age 5 are susceptible to head trauma because their neck muscles are weak and can't always support the size of their heads. Sudden shaking motion causes the baby's fragile brain to slam against the skull wall, causing damage or death. It's so deadly, in fact, that almost 25 percent of its victims die. Damage to a child's brain from shaking can affect many different parts of the child's body. These effects can be devastating, they include:

- Death
- Cerebral Palsy
- Severe motor dysfunction
- Communication impairment
- Dyslexia
- Attention deficit disorder
- Mental retardation and learning disabilities

### YOU CAN PREVENT SHAKEN BABY SYNDROME

1. Leave the baby in a safe and secure place then take deep breaths and count to 10.
2. Go to another room or out of the house.
3. Ask someone else to watch the baby for you, a parent, neighbor or friend.
4. Gently rock or give the baby a pacifier.
5. Take the baby out of the house for a ride in a stroller or a car.
6. Be patient, if you find that you cannot calmly take care of your baby, and are having trouble managing your anger, take a break and let the baby work it out.

*Remember, no matter how angry or impatient you feel, Never Shake A Baby!*

### Helpful Resources:

1-800-4A-CHILD or 1-800-CHILDREN