

## Shaking a Baby Can Cause:

Brain damage  
Seizures  
Blindness  
Severe learning &  
behavior problems  
Spinal injuries & paralysis  
Death

### For Help, call:

24 hour Family Helpline  
1-216-229-8800  
Kidzfirst  
1-800-888-6161

### For more information:

National Center on  
Shaken Baby Syndrome  
[www.dontshake.com](http://www.dontshake.com)  
Prevent Child Abuse America  
[www.preventchildabuse.org](http://www.preventchildabuse.org)

Source: Washington Council for  
Prevention of Child Abuse and Neglect



"For The Health of Us All"

Lorain County  
General Health District



Lorain County  
Prosecutor's Office

Lorain County  
Chiefs' Law Enforcement  
Association

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# Never Shake A Baby !

## Why Babies Cry...

**Hungry...** Try feeding your baby.

**Diaper...** Check your baby's diaper.

**Cranky...** Sometimes your baby may just need to cry.

**Tired...** Your baby may want to be held or cuddled.

**Sick...** Check your baby's temperature.

**Bored...** Rock, walk or go for a ride.

**Too much activity...** Move your baby to a quiet room.

**Frustrated...** Gently pat or massage your baby.

Your touch comforts and helps him feel secure.

## Have A Plan...

Remind yourself that you are a good parent.

Take deep breaths.

Gently lay your baby down on her back in a safe place. Take a break.

Remember the 10 foot rule. Once your baby is in a safe place, stay 10 feet away until you have calmed down.

Go for a walk with your baby. Even a short walk can help calm both you and your baby.

Grab the phone, not the baby. Call a friend or family member.

## Share Your Plan...

Talk to everyone who cares for your baby.

Make sure they know the dangers of shaking a baby.

Help them make a plan.

Tell **anyone who cares for your baby** to call you **anytime** they become frustrated or have a concern.

## Never Shake a Baby!





