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?

Resources

National Center on Shaken Baby Syndrome
2955 Harrison Blvd, #102
Ogden, UT 84403
(888) 273-0071
http://www.dontshake.com/

Shaken Baby Alliance
4516 Boat Club Rd., Suite 114
Ft. Worth, TX 76135
(877) 6-END-SBS
http://www.shakenbaby.org/

TRUSTLINE
California's Background Check for In-Home Childcare
1 (800) 822-8490

STATE OF CALIFORNIA

HEALTH AND HUMAN SERVICES AGENCY

DEPARTMENT OF SOCIAL SERVICES

PUB 271 (3/11)

Never Ever Shake a Baby

Understanding and preventing head and brain trauma in infants and young children.

CDSS
CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

Office of Child Abuse Prevention

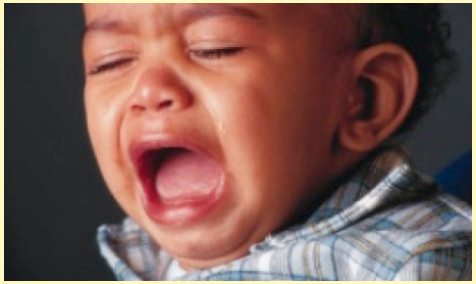
Dangers of Shaking a Baby

Infants and young children up to age five are susceptible to head trauma because their neck muscles are weak and cannot always support the size of their heads. Sudden shaking motion causes trauma to a baby's fragile brain and may cause death, paralysis, cerebral palsy, seizures, blindness, mental retardation, dyslexia, attention deficit disorder, and/or severe motor dysfunction.

Signs That a Baby May Have Been Shaken:

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

Seek proper medical care immediately if you suspect your child has been shaken. Prompt medical attention may save your child's life.



Ways to Calm a Baby

Non-stop crying is the most common reason that someone may shake an infant. It is normal for a baby to cry. Babies just cry a lot and knowing that makes it easier to follow some simple tips:

- First make sure the baby's diaper is fine, the baby is not hungry, or too warm or too cold.
- Wrap baby with arms down in a light, snuggly blanket and swaddle the baby.
- Hold your baby's bare skin against your own.
- Make a shushing sound louder than the baby's crying.
- Rock or walk the baby because babies love motion like rocking chairs and walking. Babies love tiny, jiggly movements.
- Encourage your baby to breastfeed or suck a pacifier.
- Call your doctor for guidance.

How to Avoid Frustration of Caring For Crying Baby

- Gently place the baby in a safe place, such as the crib, on his or her back and leave the room
- Calm down, relax, breathe deeply, count to 10, then 20 or 30, before returning to the room.
- Ask a responsible friend or relative to take over for awhile.
- Find a way to relax, listen to soft music, or lie down.
- Call national 24 hour hotline for support 1-866-243-BABY (2229).