




Shaken Baby Syndrome


Shaken baby syndrome (SBS) is a serious brain injury that occurs when an infant or toddler is forcefully shaken. This violent shaking causes the baby's fragile brain to move back and forth within the skull, leading to swelling, bruising, and bleeding. SBS can result in severe, lifelong disabilities or even death. It's important for caregivers and parents to recognize the dangers of shaking a baby and to seek immediate medical attention if SBS is suspected. Remember, even brief shaking can cause significant harm. Always handle infants with care and never shake a baby, no matter how frustrated or stressed you may feel. Remember, it only takes a moment of frustration to cause a lifetime of damage. Knowledge and prevention are key.

SHAKEN BABY SYNDROME IS PREVENTABLE

Awareness and education are key to preventing SBS and protecting the well-being of infants and children. **What are the consequences of SBS?**



 Shaken baby syndrome is a form of child abuse that destroys a child's brain cells and prevents their brain from getting enough oxygen.

 Shaking can cause brain injury, cerebral palsy, blindness, hearing loss, learning and behavior problems, seizures, paralysis, and death.

Symptoms & Signs of Shaken Baby Syndrome



Shaken baby syndrome describes a set of symptoms that result from deliberate and violent shaking to quiet baby. **Babies under one are at the greatest risk for SBS**, especially between 2 and 4 months, a stage when babies tend to cry a lot.

SBS can occur in children up to 5 years old. Being pushed against a wall or toward the ground could cause a child to suffer trauma. With approximately 1,300 cases reported each year, **it's the leading cause of physical child abuse deaths in the US.**



MILDER Shaken Baby Syndrome Symptoms

- Trouble sucking or swallowing
- Poor feeding/eating
- Changes in sleeping patterns
- Extreme crying or irritability
- Vomiting
- Lethargy (difficulty staying awake)



SEVERE Signs of Shaken Baby Symptoms

- Inability to suck or swallow
- Unequal size of pupils
- Inability to focus the eyes or track movement
- Inability to lift the head
- Difficulty breathing or turning blue
- Loss of consciousness
- Seizures

Shaken Baby Syndrome Prevention



“If you're feeling overly tense or angry, and you think you may shake, throw, or hit your baby, lay them in a safe place such as the crib and walk away for a short break. Call a friend or a family member and try to get help taking care of your baby.”



Coping With Crying Brochure: When your baby won't stop crying, it can be very upsetting. Know that it is normal for your baby to cry. The average newborn cries two to three hours a day, and sometimes more. Sometimes it may seem like your baby never stops crying, and all parents find it hard to cope with crying. It may seem like your baby cries more than others, but ALL babies cry a lot. Reference this brochure for steps on how to soothe your baby. tinyurl.com/CopingCrying



How to Calm a Fussy Baby - Tips for Parents and Caregivers: View this website for ways you can try to comfort a crying baby. It may take a few tries, but with patience and practice, you'll find out what works and what doesn't for your baby. tinyurl.com/CalmFussyBaby



1-2-3 Don't Shake Me Brochure: View this brochure on how to make your CRYing Plan. This brochure discusses 3 steps parents can plan to handle when your child is crying. This brochure also goes over injuries, signs, and symptoms parents to look out for abusive head trauma/shaken baby syndrome. tinyurl.com/123-DSM-Cry



10 Tips to Prevent Shaken Baby Syndrome: This website has 10 essential steps for preventing shaken baby syndrome and provides resources for ensuring baby's safety. tinyurl.com/10TipsSBS

“Sometimes being the primary caregiver can be overwhelming. Asking for help is the best thing to do for both you and your baby. If you're feeling overwhelmed, talk with your baby's healthcare provider about childcare options, counseling, or other resources that can help.”



Shaken Baby Syndrome Prevention Videos

DutchinTheUSA TikTok: Shaken baby syndrome TikTok that demonstrates the damage done to a baby's brain when shaken aggressively. tinyurl.com/SBS-TikTok



1-2-3 Don't Shake Me Video: Watch this video for a comprehensive visual guide on shaken baby syndrome, including its signs, prevention strategies, and the critical reasons why you should never shake your baby. tinyurl.com/123DSM-Video



PSA Videos About SBS: Previews for the 5-, 10- and 30-second public service announcements (PSAs) regarding shaken baby syndrome. tinyurl.com/SBS-PSA

