

## **SIGNS AND SYMPTOMS OF SHAKEN BABY SYNDROME:**

- Constant crying • Stiffness
- Sleeping more than usual
- Unable to wake up
- Seizures • Dilated pupils
- Decreased appetite
- Vomiting • Difficulty breathing
- Blood spots in eyes

### **GETTING HELP**

SHOULD YOU FEEL THAT YOU CAN'T COPE, HELP IS ONLY A TELEPHONE CALL AWAY.

**Parent Hotline - 24 hrs./7 days  
Prevention Information  
Resource Center**

**1-800-342-7472**

If for any reason the baby has an injury, take him/her to the nearest hospital emergency room or call 911.

**FOR FURTHER INFORMATION  
YOU MAY CONTACT THE WEBSITE**

**[www.NYC.gov/hhc](http://www.NYC.gov/hhc)**



## **HHC FACILITIES**

Bellevue Hospital Center  
Coney Island Hospital Center  
Cumberland Diagnostic & Treatment Center  
East New York Diagnostic & Treatment Center  
Elmhurst Hospital Center  
Gouverneur Health Care Services  
Harlem Hospital Center  
Jacobi Medical Center  
Kings County Hospital Center  
Lincoln Medical & Mental Health Center  
Metropolitan Hospital Center  
Morrisania Diagnostic & Treatment Center  
North Central Bronx Hospital  
Queens Hospital Center  
Renaissance Diagnostic & Treatment Center  
Segundo Ruiz Belvis Diagnostic & Treatment Center  
Woodhull Medical & Mental Health Center



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SHAKEN BABY SYNDROME

# **NEVER SHAKE A BABY**

WE'RE FRAGILE!

# SHAKEN BABY SYNDROME

Shaken Baby Syndrome is a serious brain injury which occurs when a frustrated care giver “shakes” a child, usually to stop him/her from crying. It is considered a form of child abuse.

A baby is the greatest gift of all. Yet some parents, siblings, or caretakers who would not consider hitting a baby, think that shaking a baby is okay.

## **This is WRONG!**

Shaking a baby, or even a young child, can cause bleeding inside the brain which may lead to:

- Death • Brain damage
- Retardation • Blindness
- Paralysis • Seizures
- Developmental delays

## Protect our future by handling children with the loving care they deserve!

The message is simple — never shake a baby. No matter how tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

And remember, some play activities are also dangerous such as:

- Vigorous, repeated tossing of a small child into the air
- Jogging while carrying an infant on the back or shoulders
- Bouncing a child on an adult’s knee or swinging the child on an adult’s leg
- Swinging the child around by the ankles
- Spinning a child around

# COPING WITH A CRYING BABY

- Make sure all the baby’s basic needs (food, diapering, appropriate clothing, etc.) are met.
- Offer the baby a pacifier.
- Take the baby for a ride in a stroller or a car.
- Walk the baby around holding him/her close to you.
- Call a friend, relative or a neighbor for help.
- If all else fails, put the baby in the crib, making sure the baby is safe. Close the door and check back every five minutes or so.

If you are a child care provider and cannot handle a crying baby, please let the parent know.

