

If you know or suspect a child has been shaken, immediately go to the nearest emergency room and talk to the doctor about what you know. Once the damage is done, waiting only causes further damage. Emergency medical treatment may prevent future problems, and possibly save a child's life.



Prevent Child Abuse
Indiana
A Division of The Villages

For prevention and parenting information resources,
call 1-800-CHILDREN

Visit www.pcaain.org for more information about
Prevent Child Abuse Indiana.

To report abuse please call 1.800.800.5556



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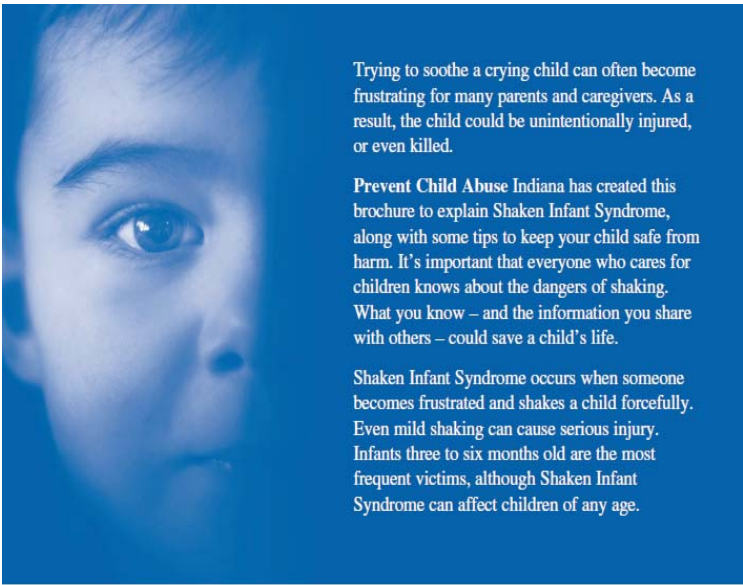


Wait a Minute!

How to handle crying and prevent Shaken Infant Syndrome



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Trying to soothe a crying child can often become frustrating for many parents and caregivers. As a result, the child could be unintentionally injured, or even killed.

Prevent Child Abuse Indiana has created this brochure to explain Shaken Infant Syndrome, along with some tips to keep your child safe from harm. It's important that everyone who cares for children knows about the dangers of shaking. What you know – and the information you share with others – could save a child's life.

Shaken Infant Syndrome occurs when someone becomes frustrated and shakes a child forcefully. Even mild shaking can cause serious injury. Infants three to six months old are the most frequent victims, although Shaken Infant Syndrome can affect children of any age.



Shaken Infant Syndrome can cause:

- Death
- Brain damage
- Spinal injury or paralysis
- Seizures
- Broken bones
- Dislocated joints
- Blindness or other eye trauma
- Mental retardation
- Delay in normal development

Tips for Preventing Shaken Infant Syndrome

Calm a child:

- See if the baby is hungry or needs a diaper change.
- See if the child is sick – call the doctor if necessary.
- Take the baby for a walk in a stroller or a ride in a car.
- Hold the baby upright against your shoulder.
- Help the baby suck a pacifier or thumb.
- Gently rock the baby in your arms.
- Talk softly or sing to the child.
- Play soothing music for you and your child.
- Wrap the baby in a soft blanket.

Take care of yourself:

- Take several deep breaths and count to 20.
- Let your anger out in a safe way: exercise, call someone to vent or have a good cry.
- Relax: listen to music or take a bath.
- Ask someone to take over for a while.
- Call your doctor, a friend or a relative and ask for help.

Share the message:

- Share this brochure with other caregivers.
- Help set standards and boundaries by talking to parents about normal behavior for children.
- Help older children who baby-sit understand the dangers of Shaken Infant Syndrome.
- Look for ways to help relatives, friends and neighbors who care for young children – every caregiver needs a break occasionally.



Remember that crying doesn't hurt a baby – shaking does!