



Avoiding Shaken Baby Syndrome

Traumatic brain injury may occur when an adult violently shakes a baby in frustration. Newborn to 4-month-old babies are at greatest risk of injury from shaking. Most cases occur when baby is 3 to 8 months.

Discuss With Parents!

- **Please discuss the below tips for soothing baby when she cries. *What's already working?*** A pacifier, massage, specific food, etc.
- Please discuss baby's current schedule with the parents. *When does baby usually eat, nap, play, etc?* **Maintaining a regular schedule will help keep the child in a good mood.**

Meet the child's basic needs first!

- feed baby if she's hungry
- lay baby down for a nap if she's sleepy
- change baby's diaper if needed
- make sure the baby is not sick
- make sure the room temperature is comfortable for baby
- burp the baby if needed (lay child on back and gently "bicycle" the legs to remove gas pain)

After you have met the child's basic needs, try the following:

- make direct eye contact and smile; gently speak directly to the crying child using kind, positive words; gently stroke baby's forehead with your fingertips
- take the baby for a walk
- offer a pacifier
- gently rock and/or sing to the baby
- **IF NOTHING ELSE WORKS, make sure your baby is safely in her crib or Pack 'n Play and let her spend a few minutes alone (but still under your supervision or the parent's supervision).**

MORE SAFETY TIPS

- always support the baby's head (never toss or bounce a 2-month-old during playtime)
- maintain consistency in the baby's schedule
- don't share negative thoughts about crying in front of baby; this may increase the child's stress
- provide child with a stimulating environment, but not over-stimulating

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