

IF YOUR BABY CRIES . . .

CONT'D

- Sing to your baby. Play soothing music. Take your baby for a ride in the stroller or in a car seat in the car.



- Call your baby's health care provider to ask if there may be a medical reason for your baby's crying.
- Sometimes your baby may continue to cry. When this happens and you feel upset, ask a trusted friend or relative to watch your baby while you take a break.
- If no one is close by to help you, put your baby safely in his or her crib. Leave the room and take a few minutes to calm yourself down.
- Remember you are not alone. There are people to help you. If you are feeling overwhelmed, contact your baby's health care provider. They can give you advice on how to calm your baby.

FOR MORE INFORMATION CONTACT:

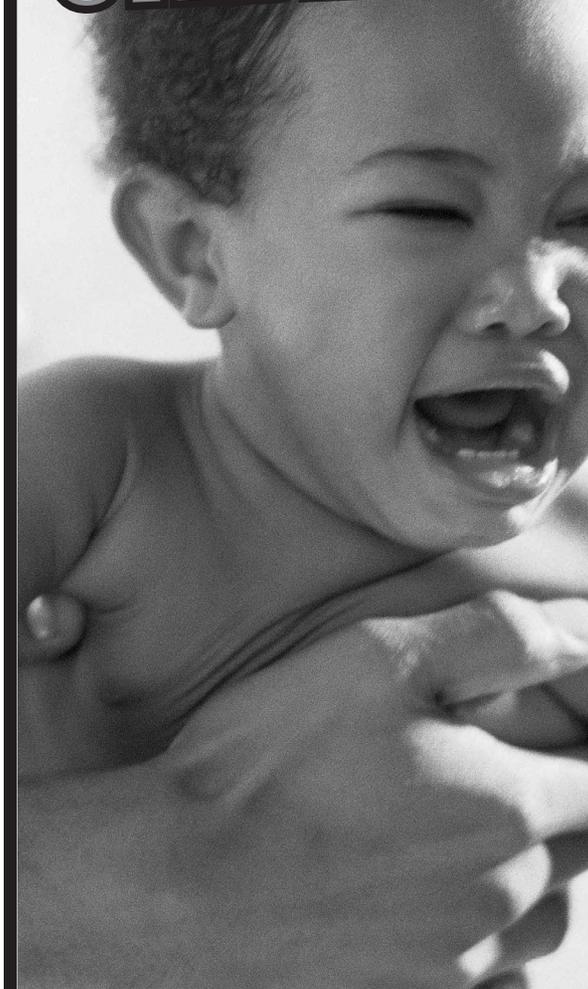
Care Line
1-800-868-0404

or

Your Baby's Health Care Provider



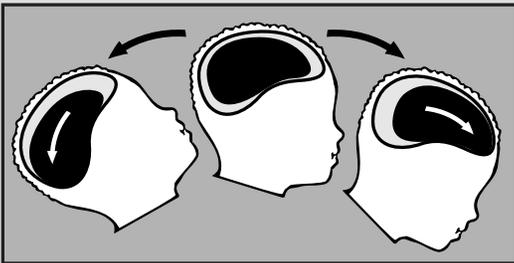
SHAKEN BABY SYNDROME



NEVER SHAKE A BABY!

Shaking an infant or young child can cause permanent brain damage or even death. This is called Shaken Baby Syndrome (also known as Abusive Head Trauma).

A baby's brain is soft and the neck muscles are weak. A baby's head is large compared to the rest of his or her body and needs to be supported.



Some adults may shake a baby or young child when they get frustrated or angry.

Adults may shake a child to discipline him or her, believing that shaking the child is less harmful than spanking.

When a caretaker is very frustrated, he or she may want to throw the baby against a bed, wall, or other surface.

Adults may also play with a baby by tossing the child into the air, bouncing him or her, or swinging the baby around.

Shaking or throwing a baby for any reason CAN BE FATAL!



Shaking an infant or young child can cause damage that lasts for a lifetime.

Some things that may happen are:

- Seizures
- Developmental delays
- Hearing loss
- Visual impairment or blindness
- Cerebral palsy
- Mental retardation
- Death

PREVENTING SHAKEN BABY SYNDROME

These tips will help prevent a shaking injury:

- Remember, NEVER shake an infant or child for any reason.
- Always support your baby's neck and head.
- Babies are fragile. Be gentle with them, even during play.

- Make sure anyone who cares for your baby knows the dangers of shaking. This includes baby-sitters, child care workers, and relatives.
- Learn what to do if your baby won't stop crying. Shaking your baby will not stop his or her crying. Remember that all babies cry a lot during their first few months. If a baby has been shaken, it is important that he or she be taken to the hospital right away. Tell the doctor the baby was shaken so the baby can get medical care right away.

IF YOUR BABY CRIES . . .

Babies communicate with others by crying. Some babies cry a lot when they are tired, hungry, or wet. Others cry a lot because they have colic. It can be frustrating to hear your baby cry for a long period of time. If your baby cries a lot, try the following:

- Check to see if baby needs a diaper change, feeding, is too hot or too cold, or is sick.
- Provide a calm time to feed your baby. Burp your baby often. If you bottle-feed, adjust the nipple so your baby does not swallow air.
- Offer your baby a pacifier. Don't force him or her to take it if your baby doesn't want it.
- Hold your baby against your chest. Rock your baby.