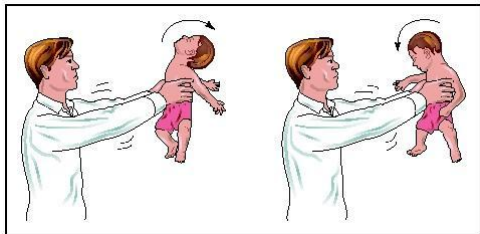


What is Shaken Baby Syndrome?

Shaken Baby Syndrome (SBS) is a type of serious head trauma that occurs when an infant or toddler is harshly shaken, direct blows to the head, dropping or throwing a child. Babies and toddlers have relatively large, heavy heads and frail neck muscles. When the child is shaken it causes the brain to be slammed back and forth inside the head, causing bleeding and damage around the brain and brain injury. Some babies may even stop breathing, which can also cause further brain damage. This is usually a result out of a frustrated parent or caregiver because the baby won't stop crying. Shaken baby Syndrome is the primary cause of death in child abuse cases in America (5).



(10)

How Does It Happen?

SBS occurs when a parent or caregiver becomes frustrated and overwhelmed, leading to an outbreak against the child. If a baby continues to cry, will not eat, will not lie still for a diaper change or continues other frustrating behaviors, a caregiver may get the urge to shake the baby because they are upset. Shaking a baby is not the answer to frustration. It will only make the situation worse (5).

References:

- 1) <http://www.ndhealth.gov/injuryprevention/shaken/whatis.htm>
- 2) www.dontshake.org
- 3) <http://www.odh.ohio.gov/odhPrograms/cfhs/shaken/baby.aspx>
- 4) <http://www.pcao.org/programs/sbs.cfm>
- 5) <http://www.cdph.state.co.us/ps/cctf/canmanual/CurrentTopicsinChildMaltx2.pdf> The Anatomical Record, Volume 253, issue 1
- 6) http://www.childinjurylawyerblog.com/state_specific_articles/washington_state/
- 7) "Handle with Care" Shaken Baby Syndrome (SBS) A Training Curriculum for Parents, Child Care Providers, or anyone Who Has Interaction with a Child.
- 8) Do educational materials change knowledge and behavior about crying and shaken baby syndrome? Ronald & Marilyn Barr, Takeo Fujiwara, Jocelyn Conway, Nicole Catherine, Rollin Brant.
- 9) http://health.yahoo.net/channel/shaken-baby-syndrome_images
- 10) http://health.yahoo.net/channel/shaken-baby-syndrome_images
- 11) <http://www.raising-twins.com/shaken-baby-syndrome.html>
- 12) http://lubbockonline.com/stories/081309/fea_481169495.shtml
- 13) <http://www.michigan.gov/ctf/0,1607,7-196-40188-137313--,00.html>



(11)

If you think you might or you know someone that is abusing their child or are curious to seek information regarding SBS, please contact the National Center on SBS.

National Center on
Shaken Baby Syndrome (2)
1-888-273-0071
or
visit www.dontshake.org

**additional
resources**

Mailing Address (3):
Ohio Department of Health
Shaken Baby Syndrome Program
246 N. High Street
Columbus, OH 43215

Shaken Baby Syndrome

By Jerel Hershberger, Cassandra Keen,
Jasmine Pennington, and Tiffany Tabellion



(12)

"Love Me...Never Shake Me"

To prevent potential Shaken Baby Syndrome, parents and caregivers of children need to learn and understand how to take action to their own stress. It's important to talk to *anyone* caring for your baby about the dangers of shaking and how it can be prevented.

What Are the Effects?

SBS often creates permanent damage to the child as well as in some cases children die due to their injuries.

Children who survive may have the following symptoms (3):

- Possible (full or limited) blindness
- Hearing loss
- Brain seizures
- Delays in developing
- Difficulty learning and trying to speak
- Potential Retardation

Sometimes the first signs of SBS are undetected and do not present themselves until a child enters school but by that time it's unable to pin-point source of the problem. Even in milder cases, in which the child may look normal immediately after the shaking, but eventually may develop one or more of these problems.

Signs and Symptoms

Many of these symptoms can be altered depending on the nature of the abuse the child suffered such as how many times abuse occurred, the shaking or the force, and if there was an impact. Some cases are never reported, and those children were never seen by medical personnel. Other signs and symptoms that can affect the child include (6):

- Irritability
- Nausea and sickness
- Incapable of sucking or swallowing
- No interest in eating
- Emotional disconnection
- Difficulty breathing
- Un-normal pupil size/dilation



(13)

What can be done to stop the crying?

The child may be crying because they are hungry, need burping or their diaper changed. The following steps can also be tried to calm down the child (1 & 9):

- Check for signs of illness (ex. fever or swollen gums).
- Try singing or talking quietly to the baby.
- Give the baby a pacifier.
- Give a favorite toy the baby may enjoy.
- Take the baby on a walk.
- Rock the baby, holding them close to you and supporting the baby's head.
- Also taking a car ride with the child helps calm the baby.
- Call your baby's doctor in situations where there is a medical issue causing the baby to be fussy or upset (colic).



(7)

Facts and Keys Notes... Did you know?

SBS is a violent act of child abuse, accounting for most severe head injuries in children. It's the number one cause of death and long-term disability in young children due to physical abuse. (4, 8 & 9)

- 25% of SBS cases lead to death and the remaining suffer serious symptoms.
- 33% go undetected the first time around. Less than 10% might recover from the trauma.
- More than 60% of the victims of SBS are males
- 80% of men are the leading perpetrator to children that suffer from Shaken Baby Syndrome

****All babies cry...it's how you, the caregiver, can handle the crying and that can be the difference between life and death. ****

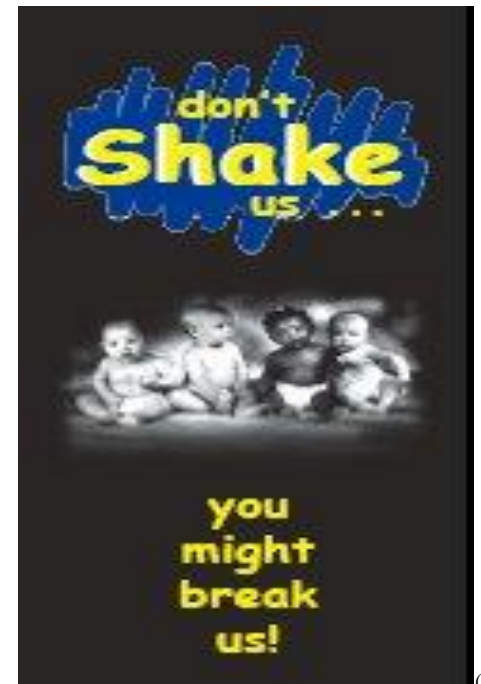
How Can I Relieve My Frustration?

Try doing the following steps to ease frustration when you are tired, angry or irritated:

a) Caring for a child's needs can a lot of effort. By taking the time to stop and think about why you are so upset, will help gain prospective. Remember that "the baby doesn't hate you or want to ruin your life" or that "you are not a bad parent or caregiver" when a baby cries. Your responsibility is to meet the baby's needs and not necessarily to stop the crying. Sometimes children just cry.

b) Take deep breathe, while sitting or lying down and closing your eyes, imagine a peaceful distance place. Stay quiet for several minutes.

c) With the help of a friend or relative you can speak with them for guidance or even allow another to take care of the baby for a while, just to give you a break. Seek medical attention if you feel aggravated and angry with your child because of crying, feeding, sleep problems, regular interruptions or other behavior problems. Ask for specific information and possible solutions to the situation. Keep talking to your health care provider about the problems until they have been resolved (1).



(14)