

**Shaking your baby,
for just a few seconds,
can kill.**



What can happen if a baby is shaken?

Many parents feel very upset when their baby won't stop crying and sometimes shake their baby.

Forceful shaking can cause permanent injuries, such as:

- **Brain damage**
- **Blindness**
- **Coma**
- **Severe disability**
- **Mental retardation**
- **Death**

**Many parents
feel very upset
when their baby
won't stop crying.**

For more ideas on what to do
if your baby won't stop crying,

call the TALK Line at

**415•441•KIDS
(415-441-5437)**

**This is a free, confidential,
24-hour counseling and
crisis line for parents.**

**Share this information
with everyone who
cares for your baby,
including family
and babysitters.**

**San Francisco
Shaken Baby Syndrome
Prevention Project 2009**

California Pacific Medical Center

First Five San Francisco

Kaiser Permanente

Mount Zion Health Fund

San Francisco Foundation

*UCSF National Center of Excellence
in Women's Health*



**Never Shake
Your Baby**

**How to calm
your crying baby**

Crying

- All babies cry. It is frustrating.
- Crying does not mean that you are a bad parent.
- Your baby is not trying to make you angry.
- Your baby may cry for up to 6 hours a day!
- Crying does not hurt your baby.
- Crying does not cause brain damage or other health problems.
- Your baby will cry if there is yelling or fighting in the home. Don't fight in front of your baby.
- Your baby may cry if too hot or too cold, or is teething.
- Your baby may cry for no reason.
- If you are worried about your baby, or your baby is sick or acting differently, see a doctor right away.



How to calm your baby

- Change your baby's diaper.
- Feed and burp your baby.
- Give your baby something to suck.
- Rub your baby's tummy or back.
- Hold your baby against bare skin.
- Wrap your baby tightly in a soft blanket.
- Turn the lights out.

Motion may help:

- Gently rock your baby back and forth.
- Put your baby in a cloth carrier and take a walk outside.
- Rock your baby gently in an infant swing.
- Take your baby for a ride in the stroller or car. Use a car seat.

Sound may help:

- Sing to your baby.
- Say "Shhh" in your baby's ear louder than your baby is crying.
- Turn on a radio, fan or vacuum cleaner to make a soothing noise while your baby is in the crib.

Sometimes, your baby will not stop crying:

- Let your baby cry it out.
- Calm yourself down.
- Call the TALK Line number **(415-441-5437)**

If you feel angry or out of control:

Do not pick up or hold your baby.

Put your baby in the crib on his or her back and leave the room.

Take a break:

- Take a deep breath and count to 10. Then, count to 20.
- Call a friend or neighbor for support.
- Splash cold water on your face.
- Take a shower.
- Listen to music.
- Exercise.
- Make a cup of coffee or tea.
- Call your doctor and ask for advice. Your baby may be sick.
- Ask a trusted family member or friend to watch your baby.

For more ideas on how to calm your crying baby, **call the TALK Line**

anytime, day or night:

415•441•KIDS

(415-441-5437)