

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



What can happen if a baby is shaken?

Some people feel very upset when their baby won't stop crying. Sometimes they shake their baby.

Forceful shaking can cause permanent injuries, such as:

- brain damage
- blindness
- coma
- severe disability
- mental retardation
- death

Many people feel upset when their baby won't stop crying.

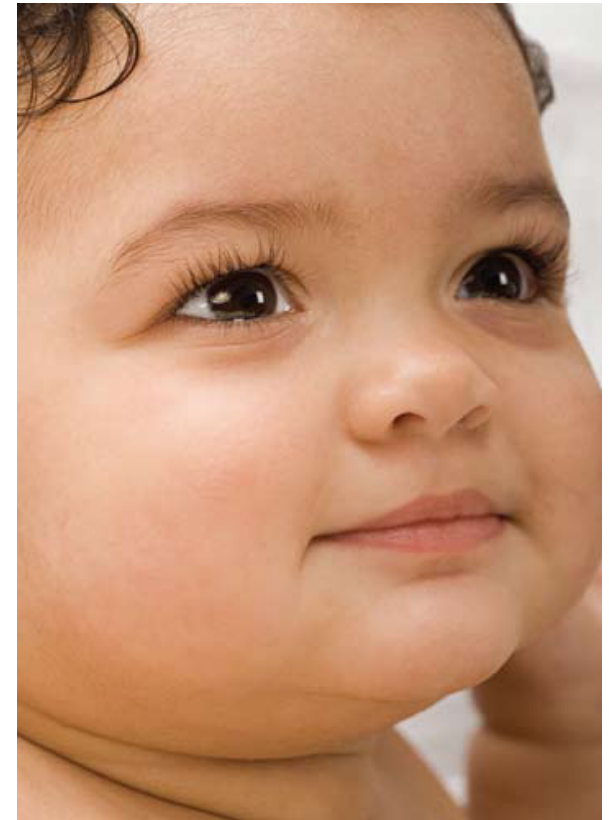
For more tips on what to do if your baby won't stop crying:

**Call Family Paths at
(510) 893-5444
or
1-800-829-3777**

This is a free, confidential, 24-hour parent support hotline.

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

Adapted from the *San Francisco Shaken Baby Syndrome Prevention Project 2007* by the Alameda County Community Forum for Perinatal Health, 2013.



Never Shake a Baby!

Try these tips on how to calm a crying baby.

Crying

All babies cry. Your baby may cry for up to 6 hours a day! It is frustrating. Your baby is not trying to make you angry.

Crying does not mean that you are a bad parent.

Your baby may cry for no reason. Your baby may cry if too hot or too cold, or is teething.

Your baby may cry if there is yelling or fighting in the home.

Crying does not hurt your baby. Crying does not cause brain damage or other health problems.

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.

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.

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