

Information about Shaken Baby Syndrome



Shaken Baby Syndrome

Caring for an infant can be frustrating, but it is important for caregivers to learn how to maintain control over their emotions.

Statistics show that losing control is easier than people think and can lead to disastrous consequences. For instance, Shaken Baby Syndrome, which is publicized more every day, claims the lives of 1 in 4 shaken infants.

According to research, males and child care providers are most likely to shake a baby, and nearly half of parents and other caregivers are unaware that shaking a baby can cause severe injuries and death. Education is key for any one caring for an infant.

What parents can do

- Make a plan for what to do if your crying baby causes you stress, frustration or anger. Put your child in a safe place, such as a crib or playpen, and walk away until you are calm.
- Teach your child care providers about Shaken Baby Syndrome.
- Do not hesitate to drop in on your child care providers frequently.
- Inform any person who takes care of your child about the dangers of shaking a baby and how to cope with the baby when he or she cries.
- Question your pediatrician's knowledge of Shaken Baby Syndrome and ask him or her to educate others.
- Know the symptoms of Shaken Baby Syndrome.

If your child has any of the following symptoms of Shaken Baby Syndrome, seek medical attention immediately.

- One or both eyes do not follow movements.
- One or both eyes are crossed.
- Poor sucking or swallowing.
- Unexplained lethargy, sluggishness or listlessness.
- Unexplained vomiting.
- Seizures/convulsions.
- Unexplained or long periods of irritability.
- Inconsolableness.
- Decreased appetite.
- Difficulty breathing.
- High-pitched cry.
- Stressful-sounding cry.
- Stiffness of any part of the body.