

As a child care worker, your frequent contact with children puts you in an important position to identify and report shaken baby syndrome or other forms of abuse/maltreatment.

Symptoms that may indicate a baby has been shaken:

If these symptoms are present, immediately call 911

- Irritability
- * Projectile vomiting
- * Dilated pupils
- Rigidity or poor muscle tone
- No appetite
- * Inability to suck or swallow
- Inability to vocalize
- * Seizures
- Pale skin
- * Breathing difficulty
- Unable to follow movements with eyes
- Bruising on torso or arms

Note: In many cases of Shaken Baby Syndrome, there is no sign of external injury (bruising etc.)

If any of the * symptoms occur you should immediately contact 911 for emergency medical attention.

It is critical if a baby is exhibiting the symptoms of SBS or is sleeping when dropped off at the day care facility to:

- Wake the baby and make sure the baby is alright before accepting the child
- Be aware that symptoms resulting from SBS occur immediately following the shaking event.

Remember that as a child care provider you are required to report to the Abuse Hotline any known or suspected child abuse incidents.

**Florida Abuse Hotline number:
1-800-96ABUSE (1-800-962-2873)**

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For more information visit the Florida Department of Health website or <http://www.doh.state.fl.us/cms/HProviderPIAbusePrev.html>

For more information:

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Coping with Crying.



Soothe, don't shake, babies.



Facts about Shaken Baby Syndrome for Child Care Staff

WHY BABIES CRY

- hunger ■ too hot or too cold ■ diaper needs changing
- discomfort/pain, fever/illness ■ teething ■ colic ■
- boredom/over-stimulation ■ fear—of loud noises or a stranger ■

Did you know?

- Shaken Baby Syndrome (SBS) is one of the most common causes of death by physical abuse to infants
- Shaking a baby or a young child can cause problems that could last the rest of a child's life.
- Shaking a baby may result in severe injury or death.
- Crying is the most frequent event that causes the shaking of a baby.
- Young males who take care of a baby alone are most at risk to shake a baby.
- Much of the general public does not know the dangers of shaking a baby.
- Shaken Baby Syndrome is 100% preventable.
- Everyday handling of a baby, playful acts and minor accidents do not have the force needed to create these injuries.
- Shaking injuries are NOT caused by bouncing baby on your knee, gently tossing baby in the air, jogging or biking with a baby, or falls off furniture.

Shaking a baby or young child can cause

- Permanent brain damage
- Paralysis
- Blindness
- Seizures
- Delay in normal development
- Broken Bones
- DEATH

Understanding babies

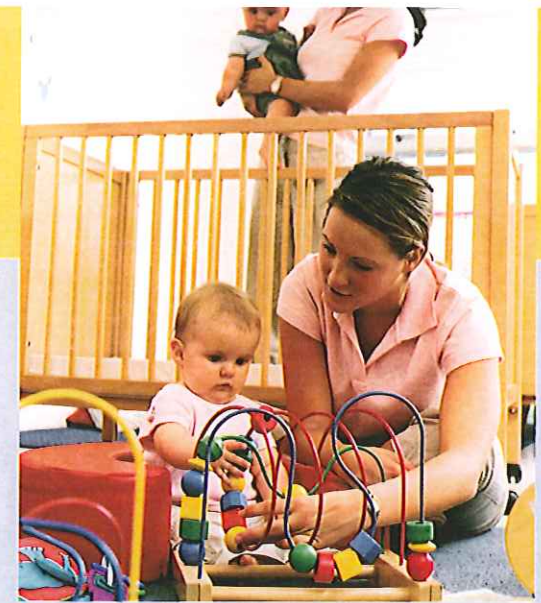
Taking care of a baby can be fun and enjoyable. But when a baby won't stop crying, it can be very upsetting for any caregiver. Just remember:

- It is normal for a baby to cry. A baby may cry two to three hours a day—sometimes more.
- Crying happens more often in the evening.
- Crying may start or stop and you don't know why.
- Crying may not stop no matter what you do.
- Crying will not harm a baby.

Coping with a Crying Baby

Babies cry for a variety of reasons. Crying is the only way a baby can tell you something is wrong. Try to find the reason why the baby is crying.

- Make sure the baby has a dry diaper.
- Make sure the baby is not too hot or too cold.
- Check for signs of illness or discomfort, such as diaper rash, teething, or tight clothing.
- Soothe the baby by lightly rubbing its back.
- Gently rock the baby.
- After immunizations, be sure the baby is comfortable.
- Call the parents if the baby appears sick.



Ways to calm a baby and handle your frustration

It may seem that the baby you are caring for cries more than any other baby, but ALL babies cry, some are champion criers!

After you have tried everything else:

Try swaddling the infant.

Take the baby for a walk in a stroller or just walk around. Motion often calms infants.

Place the baby in the crib and let him cry, ensuring the baby is within sight and hearing of a caregiver.

Try to relax.

Take 20 deep breaths.

Stay calm and play with other babies or children.

Ask for help from others.

Sometimes a baby just needs attention. BE PATIENT. Taking care of a baby is a big job. It's okay to be overwhelmed or frustrated. It is NOT okay to SHAKE a child to stop the crying.

NEVER, NEVER, SHAKE A BABY!

Dedicated to the memory of thousands of infants and young children whose lives are forever changed by shaking.