

Never Shake A Baby!

It is normal for some babies to cry for 2-3 hours a day. Most shaken baby incidents happen because the person caring for the child loses control. If you become frustrated or stressed out:

- 1) Give the baby to a relative or trusted neighbor to watch for awhile
- 2) If no one is available, put the child in a safe place (crib or playpen) and walk out of the room
- 3) Take 10 deep breaths....then take 10 more – GET YOURSELF UNDER CONTROL

Also:

- 4) Play activities that can be dangerous to small children (under the age of 2) tossing them into the air jogging with an infant on the back or shoulders spinning
- 5) make sure anyone in contact with your baby – a sitter, relative, friend; the child's siblings – knows the danger of shaken baby syndrome
- 6) always provide support to your baby's head when transporting, holding, or playing with your baby

