




Shaken Baby Syndrome

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What is Shaken Baby Syndrome?



Occurs when a young child's head is whiplashed back and forth during shaking. Bleeding behind the eyes and in and around the brain occurs and can cause serious injury.




Who is Responsible?

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- 65-90% of perpetrators are males in their early 20s who are the baby's father or mother's boyfriend





Why do People Shake Babies?

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- Frustration over:
 - ▶ Constant crying
 - ▶ Toilet training
 - ▶ Feeding problems
 - ▶ Child's interruption of television or other activities of parent or caregiver



Play Activities that can Injure an Infant/Child

- Repeated, vigorous tossing into the air
 - Jogging while carrying baby on back or shoulders
 - “Riding a horse” (child faces adult while sitting on swinging foot or bouncing on knee)
 - “Cracking the whip” (swinging child around by ankles)
 - Spinning a child around
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IHS/BIA Child Protection Handbook-2005

Project Making Medicine • Center on Child Abuse and Neglect • University of Oklahoma Health Sciences Center

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Common Injuries

- Brain damage
- Spinal injury/paralysis
- Blindness or other eye trauma
- Seizures
- Delay in normal development
- Impaired motor and sensory skills
- Broken bones
- Dislocations
- Retardation






How to Prevent

- Provide support for baby's head when holding, playing or transporting
 - Educate all who care for your baby about the dangers of Shaken Baby Syndrome
 - Learn what to do if your baby won't stop crying
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What to do if your baby won't stop crying

- Put child in a safe place and leave the room for a few minutes
 - Call a friend or neighbor
 - Take 10 deep breaths; then take 10 more
 - Do something for yourself; play music, make some coffee, take a shower, read a magazine
 - Sit down, close your eyes, think of a pleasant place
 - Offer the baby a pacifier
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What to do if your baby won't stop crying

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- Write down the 10 best things about yourself and your baby
 - Change your activity; shake a rug, scrub a floor, clean a closet
 - Feed the baby slowly; burp often
 - Check the diaper and change if needed
 - Walk or rock the baby
 - Take the baby for a ride in a stroller or car
 - Sing to baby or play soft music



“When your baby cries” video ordering information

Department of Pediatrics
Emergency Medical Services
PO Box 26901
Oklahoma City, OK 73190
(405) 271-3307
\$15.00 plus shipping