




# 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

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- 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

IHS/BIA Child Protection Team Handbook-2002

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






# “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



# 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