

Tip Sheet for Discussing Shaken Baby Syndrome

Shaken Baby Syndrome (SBS) is a preventable form of child abuse and neglect that can lead to lifelong injuries or deaths. Thank you for joining Sacramento County service providers in discussing this important information with parents and/or caregivers. Your efforts can reduce Sacramento County's incidences of shaken baby syndrome.

- Assist the parent/caregiver in creating a plan to manage their frustration. Ask them what they will do when a baby in their care can't stop crying and they just need a break.
- Review what happens if a baby is shaken
First if the baby survives, shaking a baby/child can cause:
 - Learning and Behavioral problems
 - Blindness
 - Paralysis on one or both sides of the body
 - Seizure
 - Retardation
- Review why babies are easily hurt
 - Heavy heads
 - Weak neck muscles
 - Empty spaces inside their head
 - Delicate veins that tear and bleed easily
- Review points on the door hanger- If the caregiver does not have one or cannot find one, give another. Ask them to put it on a door where they can easily find it when needed.
- When a baby cries...*Emphasize all babies cry, some more than others. The baby is not doing this because he or she hates the parent/caregiver or wants to upset them. Also parents/caregivers need to know they may not be able to "fix" the problem right away. This does not mean they are bad parent/caregiver.
- If my crying makes you mad...*Emphasize placing their baby in a SAFE sleeping place like a crib or bassinet. The parent/caregiver should take a timeout, exercise, get something non-alcoholic to drink. If nothing works CALL someone!
- Sweet Dreams...*Emphasize SAFE sleeping!
- Review resources
24 hour Parent Support Line: 1-888-281-3000
Crisis Nursery: 916-679-3600
Parenting Workshops at Family Resource Centers

**Remember anyone who may become frustrated
is capable of shaking a baby!**