

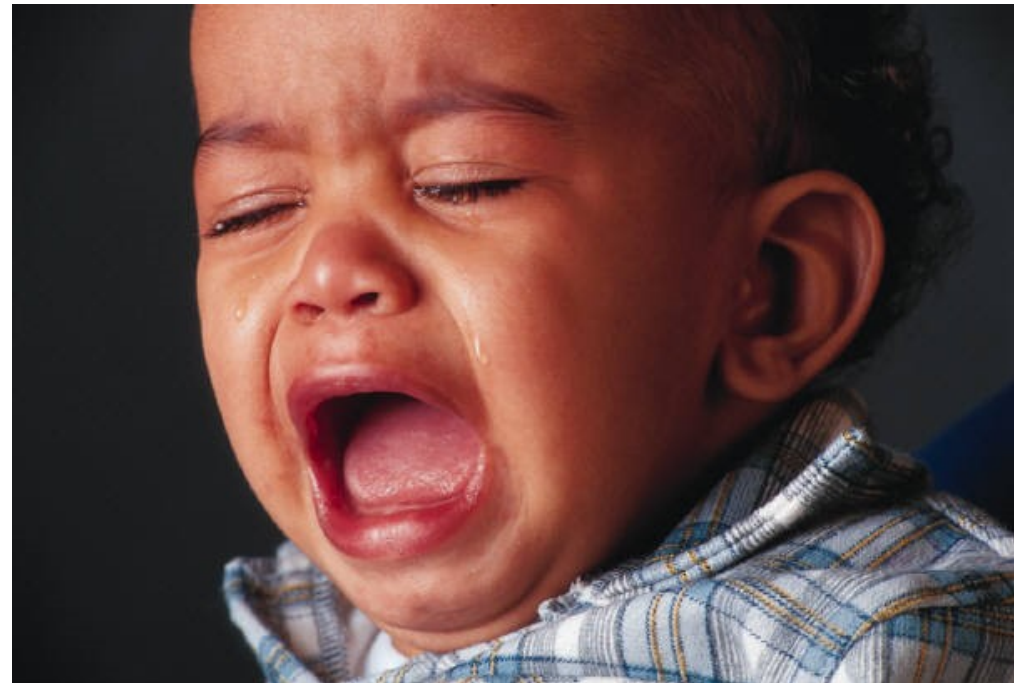
**If you know or suspect a child has been shaken, immediately go to the nearest emergency room and talk to the doctor about what you know. Waiting only causes further damage. Emergency medical treatment may prevent future problems, and possibly save a child's life.**



**If you need more information about this or other parenting topics, Call 1-800-CHILDREN or visit our website at [www.pcaain.org](http://www.pcaain.org)**



1/19



# Wait a Minute!

**How to Handle Crying & Prevent Shaken Infant Syndrome/ Abusive Head Trauma**



A Chartered State Chapter of Prevent Child Abuse America

Trying to soothe a crying child can often become frustrating for many parents and caregivers. As a result of this frustration, a child could be unintentionally injured, or even killed.

**Prevent Child Abuse** Indiana has created this brochure to help explain Shaken Infant Syndrome/Abusive Head Trauma (AHT) and to offer some tips to keep your child safe from harm. It's important that everyone who cares for children knows about the dangers of shaking. What you know - and the information you share with others - could save a child's life.

Shaken Infant Syndrome occurs when someone becomes frustrated and shakes a child forcefully. Even mild shaking can cause serious injury. Infants three to six months old are the most frequent victims, although Shaken Infant syndrome can affect some older children as well.

**Shaken Infant Syndrome/AHT can cause:**

- Death
- Brain damage
- Spinal injury or paralysis
- Seizures
- Broken bones
- Dislocated joints
- Blindness or other eye trauma
- Learning disabilities
- Delay in normal development

## Tips for Preventing Shaken Infant Syndrome/ Abusive Head Trauma:

### Calm a child:

- See if the baby is hungry or needs a diaper change.
- See if the child is sick - call a doctor if necessary.
- Take the baby for a walk in a stroller or a ride in a car.
- Hold the baby upright against your shoulder.
- Help the baby suck a pacifier or thumb.
- Gently rock the baby in your arms.
- Talk softly or sing to the child.
- Play soothing music for you and your child.
- Check for signs of gas.



### Take care of yourself:

- Take several deep breaths and count to 20.
- Let your anger out in a safe way: exercise, call someone to vent or have a good cry.
- Relax: listen to music, read or watch tv.
- Ask someone you trust to take over for a while.
- Call your doctor, a friend or a relative and ask for help.

### Share the message:

- Share this document with other caregivers.
- Help set standards and boundaries by talking to parents/caregivers about normal behavior for children.
- Help older children who babysit understand the dangers of Shaken Infant Syndrome/AHT.
- Look for ways to help relatives, friends and neighbors who care for young children - every caregiver needs a break occasionally.



**Remember  
that CRYING  
doesn't hurt a  
baby...  
SHAKING  
does!**

