

No matter how upset or angry you feel ...

DO NOT SHAKE THE BABY!

A baby's brain is fragile and easily injured inside the skull!

Shaking a baby can cause:



- ◆ Brain Damage
- ◆ Hearing Loss
- ◆ Learning Problems
- ◆ Seizures
- ◆ Cerebral Palsy
- ◆ DEATH

Never hold or pick up a baby or toddler when you feel angry.

Please let the baby cry it out rather than shaking or punishing the baby. The constant crying will stop when the baby gets older.

Be sure to tell EVERYONE who takes care of your child NEVER to shake him or her for ANY reason.

Call for help!

Maryland Family Stress
Hotline

The Family Tree

1-800-243-7337

www.FamilyTreeMd.org

Child Help USA

1-800-4-A-CHILD

Maryland Department of Health
Maternal and Child Health Bureau

201 West Preston Street
Baltimore, Maryland 21201
410-767-6713
Fax 410-333-5233
1-877-4MD-DHMH (463-3464)
Maryland Relay 1-800-735-2258



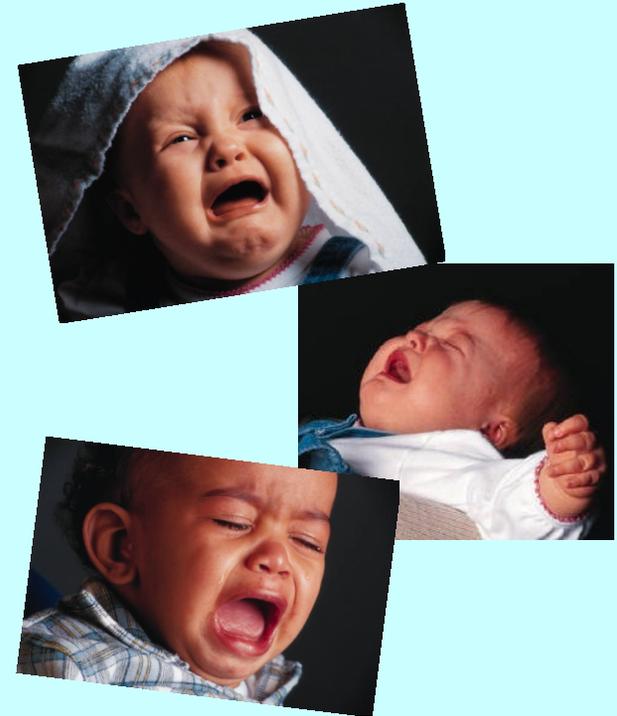
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When Your Baby Won't Stop Crying



Important Facts To Help You Cope

Information was adapted from
Baltimore County Department of Health
Injury Prevention Program

Your Partners in Prevention

No one likes to listen to a baby cry for a long time. It is very stressful.

Some babies cry a lot when they are:

- ⊖ WET
- ⊖ HUNGRY
- ⊖ TIRED



Some babies cry when they want company ~ often when you are busy or want to sleep! Feeding or changing them may help, but even that doesn't work sometimes.

If your baby won't stop crying there may be a medical reason.



Take your baby to the doctor to see if there is a reason for the crying.

Some babies have "colic." These babies sometimes cry for a long time. "Colicky" babies often pull their legs up to their chest over and over. They will grow out of it soon.



**NEVER
NEVER
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SHAKE
a Baby!**

If you feel like

SHAKING a baby:

★ **STOP!**

★ Sit down, close your eyes, and take 20 deep breaths.

★ **GENTLY** place the baby in a safe place, like a crib, and leave the room for a few minutes.

★ **Don't** pick the baby up until you feel calm.

★ Find someone you know and trust to watch the baby for a while.

★ Take an "adult" time out.

Have a plan!

Try these when your baby keeps on crying:

- ♥ Check the baby's diaper.
- ♥ Check if the baby is hungry or thirsty.
- ♥ Talk to the baby calmly.
- ♥ Gently hug and cuddle the baby.
- ♥ Gently rub the baby's back.
- ♥ Sing to the baby or play gentle music.
- ♥ Take the baby for a walk.
- ♥ Give the baby a soothing bath.



♥ **Take some deep breaths; you are doing the best you can!**

♥ Take the baby for a ride in the car. Please be sure to put the baby in a child safety seat.



♥ If you feel tired and upset, call someone you and the baby know well for help. Ask them to watch the baby so that you can take a break.



Go ahead and take a break but never, never, never shake!