
When the Baby Cries

When your baby cries, remember that this is the way he or she communicates with you. Please be patient and see what your baby needs. Try the following:

- ❑ Pick up the baby and comfort her.
- ❑ Check the baby's diaper and change it if wet or soiled.
- ❑ See if the baby is too hot or too cold.
- ❑ Burp the baby.
- ❑ Feed the baby slowly and burp the baby often.
- ❑ Offer the baby a pacifier.
- ❑ Take the baby to a quiet room.
- ❑ Hold the baby against your chest and walk or rock him.
- ❑ Take the baby for a ride or put her in a baby swing.

If the crying wears you out or upsets you, separate yourself from the baby for a while. Put the baby in her crib, leave the room, and shut the door. If possible, ask someone else to take over comforting the baby. Then, call someone to talk to or do something you find relaxing.



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Kiwanis International
3636 Woodview Trace
Indianapolis, IN 46268-3196

(317) 875-8755 Worldwide
(800) 549-2647 United States & Canada
(317) 879-0204 FAX
email: service@kiwanis.org
web: www.kiwanis.org

Don't Shake A Baby!

Shaking a
baby can
cause severe
injury
or
death!



The Dangers

Please don't shake your infant. Shaking a young child can cause brain damage or spinal injuries that result in:

- ☐ Death
- ☐ Blindness
- ☐ Mental Retardation
- ☐ Seizures
- ☐ Learning Disabilities
- ☐ Cerebral Palsy
- ☐ Paralysis

The Don'ts

People who shake their infants don't mean to hurt them. Some shake their children to interrupt what seems like endless crying.

Others are playing with their children. So, play it safe and remember the Don'ts:

- ☐ Don't shake a baby.

- ☐ Don't toss a small child in the air.
- ☐ Don't bounce a baby on your knee or swing him on your foot.
- ☐ Don't spin a child around.
- ☐ Don't "crack the whip" while swinging a child by the ankles.

The Always Do's

- ☐ Support your baby's head while holding, playing with, or transporting her.
- ☐ Hold and cuddle the baby to show you love him or her.
- ☐ Make sure anyone who handles your baby knows the dangers of shaking.
- ☐ If you suspect the baby has been injured through a fall, playing, or accidental shaking, go to a doctor immediately.
- ☐ Learn what to do if your baby won't stop crying.

Why Babies Get Injured by Shaking

Shaking a young child has a different effect than it does with an adult, or even a ten-year-old. This is because a young child has a large, heavy head, weak neck muscles, and a brain that is still developing.

The brain has not yet fully developed its outer protective layer, so it can be injured more easily. And, the space between the brain and skull is larger, so the brain can travel farther, gaining more speed before impact with the skull.

Shaking a baby causes a whiplash effect. The brain strikes the inside of the skull as the baby's head rapidly moves back and forth. The brain starts bleeding, causing pressure which damages the tissue. The result can be permanent brain damage.

In other cases, shaking has damaged the spine or caused broken bones or dislocations.