

# What is Shaken Baby Syndrome?



Shaken Baby Syndrome is a condition that occurs when a baby is **shaken violently**. Shaking is a potentially *fatal* form of child abuse.

If a baby is shaken with force, it can lead to a lifetime of problems:

- Shaking can *damage* a child's brain.
- Shaking can cause *permanent disabilities* like blindness or paralysis.
- Shaking can even cause *death*.

Never, never shake a baby! Shaking can damage your baby's brain and may cause death. No child, at any age, should be shaken.

## **When babies cry, you may want to cry too... This is normal!**

Being a parent or caregiver is not easy. A baby's constant crying can be stressful and can be a dangerous trigger for you. Sometimes there is no reason for the baby crying, and there is nothing you can do.

## **A baby crying is normal**

### **Here's what you should know about crying babies:**

- Most babies cry often: 80-90% of babies have crying spells lasting 20-60 minutes or longer. This does not mean that your baby has colic.
- Most babies cry more at night, sometimes for an hour or longer.
- Most babies have at least one fussy period each day, often in the evening.
- Most babies cry more at 6-8 weeks than at birth.
- Most parents or caregivers will feel angry, frustrated and will cry themselves.
- In the first 5-6 months, it is normal for a baby's crying to increase in intensity, and the baby may not be consolable.

Sometimes it is okay to put the baby in the crib and let the baby cry for a short time to give yourself a break. Try to call someone for help during these stressful times.

# Why Do Babies Cry?



Crying is an important way that your baby communicates to you before he/she can speak. Figuring out crying can be difficult – here are some suggestions:

Possible Reason	What to do...
<b>Hunger</b>	Feed baby. Baby may be hungrier on some days. Offer the breast often if that helps to soothe baby.
<b>Need to be close to people, touched, picked up, held, rocked</b>	Hold, rock, massage, dance with baby in your arms, sit together on bouncing ball or rocking chair, talk and sing to baby. Take off shirt and hold baby skin to skin. Take bath with baby. Go for walk with baby in your arms in sling or in stroller. Lie down beside baby while you nurse, massage, gently touch or talk to baby. Let someone else hold baby.
<b>Pain or Discomfort</b>	Pick up baby, comfort, change diaper, burp or rub baby's back. Changing baby's position may help.
<b>Too Hot/ Too Cold</b>	Babies should be dressed as warmly as you are. Baby should not be cool to the touch.
<b>Tired or Over Stimulated</b>	Cuddle baby, turn lights off, keep surroundings quiet. Rocking baby gently can be soothing for both of you.
<b>Needs a Change</b>	Read, play, talk, sing, hold baby every day. Change rooms so baby can look at different things.
<b>"Just Unknown"</b>	Hold, rock, talk, walk, sing, bathe baby, massage, offer the breast, or try soothing music. Try to comfort the baby, giving time for baby to respond to each thing you do.
<b>Illness</b>	If your baby's cry sounds different to you or baby cannot be soothed after trying everything, see your doctor or call: <b>Health811, Call 811 (TTY: 1-866-797-0007).</b>



Life Span Adaptation Projects  
Institute of Child Study  
University of Toronto



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