



SHAKEN BABY SYNDROME IS 100% PREVENTABLE

Do not take your frustration out on your baby – never shake a baby!

DO SEEK HELP EARLY

HELP LINES

ComCare Call
1800 222 0000

FAMILY VIOLENCE SPECIALIST CENTRES

PAVE
6555 0390

<http://www.pave.org.sg>

TRANS SAFE Centre
6449 9088

<http://www.transfamilyservices.org.sg/safe.html>

Care Corner Project StART
6476 1482

<http://www.carecorner.org.sg/start.html>

You can also find more information at:
<http://www.stopfamilyviolence.sg>



National Family Violence Networking System



MINISTRY OF SOCIAL AND FAMILY DEVELOPMENT



SINGAPORE POLICE FORCE



PROMOTING ALTERNATIVES TO VIOLENCE



FAMILY SERVICES



STOP Abusive Relationships Together

FAMILY VIOLENCE DESTROYS LIVES

SEEK HELP EARLY



Shaken Baby Syndrome

If you or someone you know is experiencing Shaken Baby Syndrome, call ComCare Call at 1800 222 0000

Visit www.stopfamilyviolence.sg

A FIT OF ANGER, A LIFETIME OF REGRET SHAKEN BABY SYNDROME



WHY DO BABIES CRY?

- Hunger
- Feeling too hot or too cold
- Diaper needs changing
- Discomfort or pain
- Fever, illness or teething
- Colic
- Boredom or over-stimulation
- Fear – of loud noises or strangers

SHAKE YOUR BABY, HURT YOUR BABY

VIOLENT SHAKING CAUSES BLEEDING AND MASSIVE SWELLING IN THE BRAIN AND CAN RESULT IN:

- Permanent brain damage
- Blindness
- Developmental Delays
- Cerebral Palsy
- Seizures
- Death

Normal interaction with a child, like bouncing the baby on a knee, will not cause these injuries. It is important to never shake a baby under any circumstances.

WAYS TO HANDLE YOUR FRUSTRATION

ONCE THE BABY IS IN A SAFE PLACE:

- Relax, take a bath or shower, exercise, or play music
- Call a trusted friend, relative, or neighbour and ask them to help watch the baby so as to give you a needed break
- Sit down, close your eyes, and take 20 deep breaths
- Think about how much you love your baby
- Talk to someone. Call one of the help lines

CALMING A CRYING BABY

You may feel that your baby cries more than others, but remember it is normal for babies to cry – even for two or three hours a day – sometimes even more.

THINK ABOUT THE POSSIBLE REASONS FOR THE CRYING, AND THEN TRY TO CALM THE BABY BY DOING THE FOLLOWING:

- Check to make sure that the baby is not ill
- Feed, burp the baby and change the diaper
- Make sure the baby is not feeling too hot or cold, or that the baby's clothing is not too tight or causing an irritation to the baby
- Offer the baby a pacifier
- Wrap the baby up snugly (swaddle) in a blanket
- Hold the baby against your chest and rub the baby's back gently
- Sing, hum and talk to the baby, or walk and cuddle the baby
- If the baby is not in severe distress and you have checked that all their needs have been met, place the baby on his/her back in the crib and let the baby cry, but check every 5 to 10 minutes to make sure everything is all right
- Check with your baby's doctor if you think your baby is crying too much

