



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

Promoting Alternatives to Violence
6555 0390
<http://www.pave.org.sg>

TRANS Safe Centre

6449 9088

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

Care Corner Project StART

6476 1481

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

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



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

