

LITTLE BABIES ARE FRAGILE...

NEVER SHAKE YOUR BABY!



A baby's brain is soft and his neck is weak.

When shaken, the baby's head flops and his brain hits the inside of his skull. This can cause bleeding, swelling, and bruising to the brain. A baby can go blind, become brain damaged, or die if shaken.

Take time to calm down.

If you are frustrated with baby's crying, lay him in his crib or other safe place and go into another room until you can calm yourself. Call for help.

Always support your baby's head when you are holding or moving him around.



It is okay to gently bounce or rock him, but always make sure his head and neck are securely supported.

Make sure that everyone who cares for your baby knows not to shake him.

Some people don't understand how fragile babies are and play too roughly with them. Other people may get upset and shake the baby to try to stop his crying.

If you think your baby has been shaken, Call 911

A baby who has been shaken may vomit, seem sleepy, or go into a coma. If your baby gets medical attention right away, it may save his life or keep him from having severe mental or physical problems. Don't let guilt, fear, or anger keep you from getting help for your baby as soon as possible!