

It's NEVER ok to shake a baby.

- Shaken Baby Syndrome is most often triggered when a baby's caregiver can't cope with long periods of crying.
- Shaking a baby or hitting a baby's head can cause serious injury, even death.
- Symptoms of head injury may include fussiness, difficulty staying awake, trembling, vomiting, seizures, difficulty breathing and coma.
- If a baby has been shaken, early treatment can make a big difference. Call 911 or go to the hospital immediately if you think a baby has been shaken.

Never, ever shake a baby

You can
KEEP YOUR COOL

MOST (99%) of West Virginia parents agree they want to do what's best for their children.

What's best for babies is keeping them safe by keeping your cool when they cry.

For more information visit:

SafeSoundBabies.com

Our Babies:
safe&sound

The
West Virginia
Children's Trust
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TEAM
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Children

Claude Worthington
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Cool moms **KEEP THEIR COOL**
when baby cries



Meet Kate.

She loves being outdoors, cooking and especially, the new baby in her life. Like MOST West Virginia parents, Kate knows exactly what to do when her baby cries.

MOST (93%) of West Virginia parents agree it is never OK to shake a baby – even if they are very frustrated and the baby will not stop crying.

A quick guide to keeping your cool when the new baby cries.

Know the Facts About Baby Crying

All babies cry, sometimes for a very long time, even healthy babies. It's normal for babies to cry, and it's normal for parents to become frustrated. You are not alone, and it's not your fault.

- All babies have crying patterns that increase beginning at 2 weeks of age and tend to peak at 6 to 8 weeks. The crying usually declines after this point.
- Crying often happens more in the late afternoon or evening.
- Your baby may cry no matter what you try and may cry as long as 5 hours.

Even when you feel completely overwhelmed by the crying, it's important to:

KEEP YOUR COOL.
All babies cry – have a plan.

KEEP YOUR COOL Protect the baby

- Make sure the baby is safe — Alone, on his Back, in his Crib.
- Make sure the baby is OK and not hungry, sick, or needing a diaper change.
- Then step away for a few minutes and relax.

Have a plan like Kate's:

1. Go into another room, take some deep breaths and count to a hundred.
2. Call a friend or parent for advice.
3. Play music to relax yourself and the baby.

What's your plan?

1. I will call _____ for help.
2. _____
3. _____

MOST (96%) of West Virginia parents have a plan to make sure they never get upset or angry to the point where they might shake their babies.

How you can help others KEEP THEIR COOL

MOST (99%) of West Virginia parents agree they should make sure that other caregivers have a plan to avoid getting upset and never shake their babies.

Don't leave your baby with anyone who might not keep their cool or control their temper.

Be sure to tell anyone who spends time with your baby about keeping their cool, how crying is normal and how it can be overwhelming sometimes.

Share the dangers of shaking a baby with everyone – your boyfriend, husband, teenagers, your friends, baby sitters and grandparents. Tell them it is OK to lay your baby down in his crib on his back and take a break for a few minutes.

Make sure they have a plan to:
KEEP THEIR COOL.

SafeSoundBabies.com