



# *Never Shake A Baby...*

Most of us agree – babies are meant to be cuddled and kissed, played with and hugged. Yet it's important to remember during the stressful times – when a baby won't stop crying or may be cranky – that babies are fragile.

Never shake a baby, either in frustration or in fun. A baby's brain can be damaged in the process, possibly leading to severe injuries, or even death.

*If you're caring for an infant who won't stop crying or is in some other way causing you frustration:*

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- 1** Lay the baby in his crib and walk away. It's okay to let the baby cry if no one is available to relieve you for a short period of time.

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  - 2** When possible, seek help from a supportive friend or relative, who can try to soothe the crying baby, or at least give you a break.

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  - 3** Don't hide your frustration and unintentionally release it on your baby. Call 800-CHILDREN (800-244-5373), a toll-free parent tip line, for support and information about ways to calm a crying baby.

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  - 4** Remember that a baby is helpless. If she is crying and all of her needs have been met, be patient – with her and with yourself. Contact your pediatrician if nothing works and your baby has been crying for several hours.