



No matter how frustrated a cranky baby makes you feel, shaking him or her is never the answer. Doing so can damage a fragile brain, leading to **Shaken Baby Syndrome (SBS)**, a cause of serious injury or death for children under two. This condition is also known as **Abusive Head Trauma [AHT]**.

Between two weeks and three months old, an infant may cry for long periods, especially in the afternoon or evening. This may occur despite best efforts to provide soothing care. Experts call this the “period of purple crying,” which may last from 45 minutes to a few hours. This heavy crying is natural and will come and go no matter what parents do.

Reacting in anger and handling a baby roughly can result in SBS symptoms such as vomiting for no reason, difficulty breathing, inability to lift the head and seizures. Long term consequences may include learning disabilities and behavior disorders.

Learning about SBS [or AHT] and the importance of **never shaking infants** are the first steps toward protecting them. Help promote awareness by sharing information and observing **Shaken Baby Syndrome Awareness Week**, which is the third week in April.

*** NEVER SHAKE A BABY!**



