

NEVER SHAKE A BABY

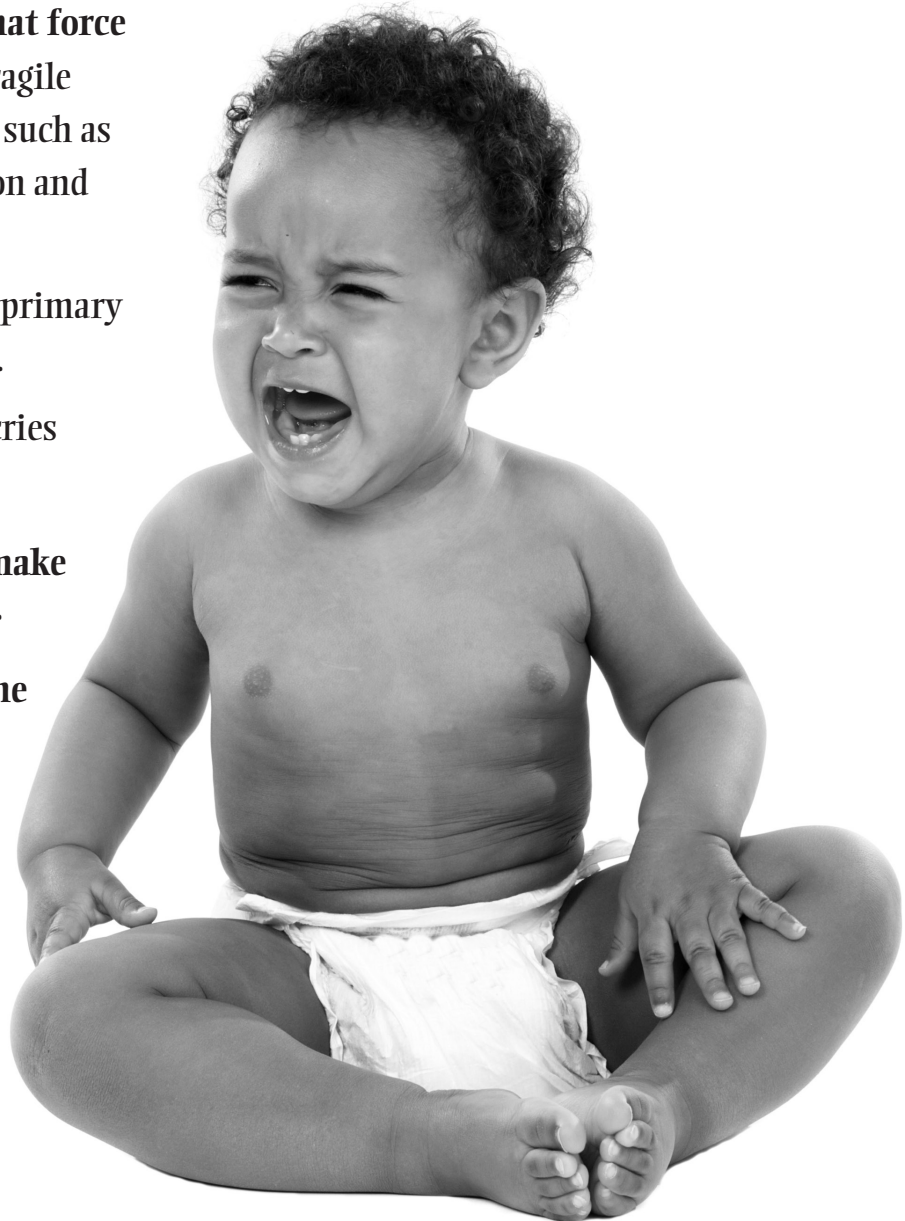
Shaken Baby Syndrome (SBS), also called **Abusive Head Trauma (AHT)**, describes the injuries that occur when an adult violently shakes a crying infant. Head trauma is the leading cause of death in child abuse cases nationwide.

When a baby is vigorously shaken, that force rattles his or her brain. Babies have fragile brains and SBS can also lead to injuries such as brain swelling, severe mental retardation and blindness.

Frustration with a crying baby is the primary trigger for shaking and abusing infants.

Try these tips to soothe an infant who cries constantly:

- **Give the baby a pacifier after you make sure that his or her diaper is clean.**
- **Run a vacuum cleaner or turn on the dryer. These sounds soothe some babies.**
- **Take the baby for a walk in the stroller or a ride in the car.**
- **Cuddle the infant close to your body.**
- **Call someone you trust to give you a break.**



Never shake a baby under any circumstances!



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline