

You're tired.
You're angry.
Don't do something
you'll regret.

Never shake
a baby.



Patience Takes Practice

Children's
Hospital & Regional Medical Center

Call Children's Resource Line
Nurse Consultation
(206) 526-2500
1-877-526-2500 Toll Free
1-800-833-6388 TTY
24 hours a day/seven days a week
www.seattlechildrens.org



Parent Trust for Washington Children
Call Family Help Line
1-800-932-HOPE (4673)
www.parenttrust.org

WCPCAN
Children's Trust Fund
of Washington
(206) 464-6151
www.wcpcan.wa.gov



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YOUR AGENCY HERE

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Never Shake A Baby



Shaken Baby Syndrome



Shaking a baby can cause:

- Brain damage
- Blindness
- Spinal injuries & paralysis
- Seizures
- Severe learning & behavior problems
- Death

Babies cry!

The baby's not upset with you. Crying is one way your baby can tell you what he or she needs. Usually your baby will cry less when you respond to his crying with soothing actions.

Your baby may be:

Hungry. Try feeding your baby.

Uncomfortable. Check the baby's diaper.

Cranky. Sometimes your baby may just need to cry.

Tired. Your baby may want to be held or cuddled.

Sick. Check your baby's temperature.

Bored. Rock, walk or go for a ride.

Too much activity. Move the baby to a quiet room.

Frustrated. Gently pat or massage the baby. Your touch comforts him and lets him know that he is secure.

Remember, all babies cry, so have a plan of action.

1. Remind yourself that you are a good parent.
2. Take deep breaths.
3. Gently lay your baby down on her back in a safe place. Take a break.
4. Remember the 10 foot rule. Once the baby is in a safe place, stay 10 feet away until you have calmed down.
5. Grab the phone, not the baby. Call a friend, family member or co-worker.

Don't do something you will regret.

If you need help,
or are at a breaking point,

Call **The Children's Resource Line**
at **1-877-526-2500**,

Call **The Family Help Line**
at **1-800-932-HOPE (4673)**, or

Call **9-1-1**



Use these tips to reduce your stress and have a plan.

Keep a consistent daily routine

- Eat right and drink plenty of water. Water will help your brain work better.
- Try to walk 10 minutes a day.
- Try to get at least 6 hours of sleep a night.

Make sure you have enough support.

- Take a parenting class.
- Talk to someone you trust when you feel tired and overwhelmed.
- Attend a support group.

Talk to everyone who cares for your baby.

- Make sure they know the dangers of shaking a baby.
- Tell anyone who cares for your baby to call you anytime they become frustrated or have concerns.



Never shake
a baby.