

## Your baby may have been shaken if he or she is:

- Irritable
- Sleeping too much
- Less alert
- Pale or has bluish skin
- Vomiting
- Not sucking or swallowing well
- Unconscious
- Having seizures
- Not breathing



*If you think that your baby has been shaken, don't wait. Get medical help right away.*



**Seattle Children's**  
HOSPITAL · RESEARCH · FOUNDATION

Seattle Children's Protection Program  
**(206) 987-2194**

[www.seattlechildrens.org](http://www.seattlechildrens.org)



**PARENT TRUST**  
FOR WASHINGTON CHILDREN

Parent Trust Family Help Line

**Call 1-800-932-HOPE (4673)**, toll-free in Washington State. The Family Help Line offers parent coaching and information, referrals to community services and parent support.

[www.parenttrust.org](http://www.parenttrust.org)



**strengthening families**  
Washington State Department of Early Learning

Strengthening Families  
Washington State Department of Early Learning  
Children's Trust Fund of Washington

**Call (360) 725-4414**

[www.del.wa.gov/development/strengthening/default.aspx](http://www.del.wa.gov/development/strengthening/default.aspx)

To preview or order copies of the companion *Have a Plan* video series for new parents, visit:

<http://www.del.wa.gov/development/strengthening/shakenbaby.aspx>

– or –

[www.seattlechildrens.org](http://www.seattlechildrens.org)

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Frustration.



It's  
normal.



Have a  
plan.

Shaken Baby Syndrome Prevention

**Never Shake A Baby**

## Frustrated? It's Normal

All babies cry! It's okay. Crying is one way your baby can tell you what she needs. It's normal for babies to cry from two to four hours a day. Remember, even a "colicky" baby is normal. The peak of crying is around two to four months. After this, crying begins to decrease. But even though you know crying is normal, it can still be stressful.

Learning how to help calm a crying baby can help you feel like a better parent. Responding to the signs your baby gives will also help your baby develop in important ways.

## Use the Checklist: Baby Calming Tips

- ✔ **Hungry?** Breastfeed or give your baby a bottle.
- ✔ **Burp?** Burping makes your baby feel better.
- ✔ **Diaper?** Make sure baby is comfortable.
- ✔ **Tired?** Hold or cuddle your baby.
- ✔ **Just needs to cry?** Your baby may need to cry to settle down.
- ✔ **Sick?** Check your baby's temperature.
- ✔ **Bored?** Rock, walk or go for a ride.
- ✔ **Too much activity?** Move the baby to a quiet room.

Even when you've tried everything, sometimes your baby will cry no matter **what** you do. This is normal and you are still a good parent.



## Have a Plan

All babies cry and a crying baby can be stressful. So you should have a plan. A plan will help you stay calm if you've tried everything and your baby is still crying. The plan will change as your baby changes.

Take care of yourself so you can take care of your baby. Remember, patience takes practice. These calming activities can be part of your plan:

- **Breathe.** Take some deep breaths to help reduce feelings of anger and tension.
- **The 10-foot rule.** Place your baby in a safe place and walk 10 feet away until you have calmed down.
- **Take a break.** Gently lay your baby down on her back in a safe place and take a break.
- **Talk to someone.** Call a friend or a relative who will listen and be caring. It can help to share your thoughts and feelings.
- **Go for a walk with your baby.** A simple walk around the block can help calm both you and your baby.
- **Talk with your pediatrician about your baby's crying.** Even a "colicky" baby is normal but you may need extra support.

## If you need help or are at a breaking point, call:

- Parent Trust Family Help Line at **(800) 932-HOPE (4673)**
- **911**

## Share your Plan

Share your plan with everyone who cares for your baby. Encourage your baby's other caregivers to come up with their own plan. Make sure they know that shaking a baby can cause lasting injuries and even death. **Tell them to call you anytime if they become frustrated or have concerns.**

## Remind yourself that you are doing the best you can.

When you've tried everything, and your baby is still crying and you don't know what to do, remind yourself that you're doing the best you can. Having a plan that keeps your baby safe can help you cope with crying, even when you are feeling frustrated.



*Share your plan  
with everyone who cares  
for your baby.*

**Help your baby feel calm and comforted.  
Daily routines help babies feel safe because they know what to expect.**