"My baby keeps on crying... I just want the crying to stop."

pennsylvania
DEPARTMENT OF HEALTH

Crying is a baby's way of communicating.

Hints to help a crying baby:

Be patient and see what your baby needs. Try these ideas:

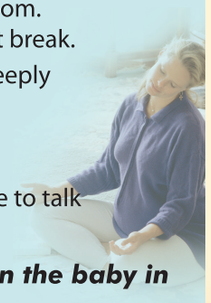
- stay calm
- pick up the baby
- check the baby's diaper
- feed the baby
- burp the baby
- offer the baby a pacifier or toy
- see if the baby is too hot or cold

If these don't work try this:

- take the baby to a quiet room
- hold the baby against your chest and walk or rock gently
- take the baby for a ride in a car or stroller
- put the baby in an infant swing

If nothing works, call your Health Care Practitioner.

Lay the baby down on its back in a crib. Go to another room. Then give yourself a short break.



- Breathe slowly and deeply
- Listen to music
- Read
- Exercise
- Call a friend or relative to talk
- Call for help

Go back and check on the baby in 5 or 10 minutes.

Shaken Baby Syndrome

Shaking a baby or young child - even for a short time - can cause serious injuries such as:

- blindness
- mental retardation
- seizures
- cerebral palsy
- hearing loss
- paralysis
- broken bones
- speech or learning disabilities
- and even **death**

Babies and young children have large heads compared to the size of their bodies. When you shake a baby, it causes its head to snap back and forth. This can cause the blood vessels in the brain and eyes to rip and bleed and destroy brain cells. That is why shaking a baby or young child can lead to serious and often permanent damage. These head injuries are called Shaken Baby Syndrome.Violently shaking a baby will result in Shaken Baby Syndrome, a serious form of **child abuse**.

REMEMBER

Never shake a baby or young child.

CALL

For more information Pennsylvania Department of Health

1-877-PA HEALTH
(1-877-724-3258)

REMEMBER

Sometimes babies cry no matter what you do.

If you think your baby has been shaken...

Go to the closest hospital emergency room. Signs of injury that could be caused from shaking include:

- irregular, difficult, or stopped breathing
- extreme crankiness
- seizures or vomiting
- tremors or shakiness
- limp arms and legs
- no reaction to sounds or acts lifeless
- difficulty staying awake

Stop-Calm Down-Get Help.

24 HOUR CRISIS HOTLINE

CALL

1-800-4A CHILD
(800-422-4453)

This 24 hour crisis hotline offers support, information, literature and referrals. Or, look in your phone book for the number of your county's crisis hotline.

Make good decisions in selecting the people who watch your child.

Share this pamphlet with all the people who watch your child.

Please...Never Shake A Baby!

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“我的宝宝不停地哭闹...我只想让哭闹停止。”

pennsylvania
DEPARTMENT OF HEALTH

请...

哭闹是婴儿的一种表达方式。

安抚哭闹宝宝小贴士：

要有耐心，查看您的宝宝需要什么。尝试以下方法：

- 保持冷静
- 抱起宝宝
- 检查宝宝尿布
- 给宝宝喂食
- 轻拍宝宝助其打嗝
- 给宝宝提供橡胶奶嘴吸吮或玩具玩耍
- 查看宝宝是否出汗或发冷

若以上方法均无效，尝试下列方法：

- 将宝宝带至安静房间
- 将宝宝抱在怀中缓步慢走或轻摇宝宝
- 用汽车或婴儿手推车带宝宝外出活动
- 将宝宝放在婴儿秋千上

如果任何方法都不起作用，请打电话向您的“保健医生”求助。

将宝宝仰放在
婴儿床上。离开房间。
然后放松片刻。

- 缓慢地深呼吸
- 听音乐
- 阅读
- 锻炼
- 打电话给朋友或亲人倾诉
- 打电话求助

5 至 10 分钟后，返回房间查看宝宝情况。

摇晃婴儿综合症

摇晃婴儿或幼童 – 即使持续时间很短 – 也可能对孩子造成严重伤害，例如：

- 失明
- 智力迟钝
- 癫痫
- 大脑性麻痹
- 听力损失
- 麻痹
- 骨折
- 言语或学习障碍
- 甚至死亡

相对于身体来说，婴儿和幼童的头部较大。当您摇晃婴儿时，会引起婴儿头部猛烈地前后晃动。此种行为可能造成婴儿脑部及眼部血管破裂出血，损伤脑细胞。这就是摇晃婴儿或幼童可能导致严重，甚至是永久性损伤的原因。这些头部损伤统称为“摇晃婴儿综合症”。剧烈摇晃婴儿是一种严重的虐待儿童的行为，并可能导致儿童罹患“摇晃婴儿综合症”。

千万不要摇晃婴儿或幼童。

记得拨打电话

欲知更多信息
请联络宾夕法尼亚州
卫生部

1-877-宾夕法尼亚州卫生部
(1-877-724-3258)

千万不要摇晃宝宝！

请牢记

有些时候，无论您做什么，宝宝仍是哭闹。

如果您认为您的宝宝已被摇晃...

请到最近的医院急诊室检查。剧烈摇晃可能造成的损伤表现为：

- 呼吸不规律、困难或停止
- 非常暴躁
- 痉挛或呕吐
- 发抖或颤抖
- 四肢无力
- 对声音毫无反应或者行为毫无生气
- 很难保持清醒

无法冷静 – 寻求帮助。

拨打电话

1-800-4A 儿童
(800-4224453)

24 小时危机热线可以为您提供帮助、信息、文献和参考资料。或者，在您的电话本上查找并拨打您所在县的危机热线。

选择合适的人员照顾您的宝宝。

与照顾宝宝的所有人员分享此手册信息。