

“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**.

**Never shake a baby or young child.**

**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!**

「我的寶寶  
哭個不停...  
我只是想要讓  
哭泣停止。」



哭泣是嬰兒的一種溝通方式。

幫助哭泣寶寶的一些建議：

保持耐心並觀察您的寶寶需要什麼。

請試用下列方法：

- 保持冷靜
- 抱起寶寶
- 檢查寶寶的紙尿褲
- 餵寶寶進食
- 讓寶寶打嗝
- 給寶寶奶嘴或玩具
- 查看寶寶是否太熱或太冷



如果這些都無效，再試試看以下方式：

- 抱寶寶去一個安靜的房間
- 抱著寶寶貼近您的胸口並且走動或輕搖
- 讓寶寶搭乘汽車或嬰兒推車
- 把寶寶放入嬰兒搖籃內

如果全都無效，請致電您的醫療護理人員。

讓寶寶平躺在嬰兒床內。您走到另一個房間。讓自己稍事休息一下。

- 慢慢地深呼吸
- 聽音樂
- 看書
- 做運動
- 打電話給朋友或親戚聊聊天
- 打電話尋求協助



5 或 10 分鐘後再回去查看寶寶的情況。

### 嬰兒搖晃症候群

搖晃嬰兒或幼兒 — 即使是很短的時間 — 會造成嚴重的傷害，例如：



- 失明
- 智能障礙
- 癲癇
- 腦性麻痺
- 聽力受損
- 麻痺
- 骨折
- 語言或學習障礙
- 以及甚至死亡

與身體相比，嬰兒和幼兒的頭部相對較大。當您搖晃嬰兒時，會使其頭部前後劇烈搖動。這會導致腦部和眼睛的血管撕裂出血並破壞腦細胞。因此，搖晃嬰兒或幼兒可能會造成嚴重且經常是永久性的傷害。這類腦部受損就稱之為嬰兒搖晃症候群。用力激烈地搖晃嬰兒將導致嬰兒搖晃症候群，這是很嚴重的虐待兒童。

請記住

千萬勿搖晃嬰兒或幼兒。

欲知更多資訊  
賓夕法尼亞州  
衛生部

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



請記住

有時候不論您怎麼做，寶寶都還是哭個不停。

如果您認為您的寶寶被用力搖晃過...

請立即到最近的醫院的急診室。  
搖晃可能造成的受傷症狀包括：

- 呼吸異常、困難或停止
- 性情極端不穩
- 癲癇或嘔吐
- 震顫或顫抖
- 四肢癱軟
- 對聲音無反應或無活力
- 難以保持清醒

停下來 — 冷靜 — 尋求協助。



請致電  
1-800-4A CHILD  
(800-4224453)

這支 24 小時危機熱線提供援助、資訊、文獻和轉介服務。或者，請在電話簿中查看您所在郡縣的危機熱線。

請慎重挑選人選來照料您的孩子。



請與所有照料您的孩子的人分享這份小冊子。

請注意... 千萬別搖晃嬰兒!