

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



Please... Never Shake A Baby!



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.

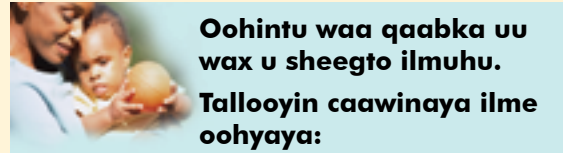


Share this pamphlet with all the people who watch your child.

“Ilmahaygu oohin ayuu wadaa... Waxaan rabaa inuu oohinta joojiyo.”



pennsylvania
DEPARTMENT OF HEALTH



Oohintu waa qaabka uu wax u sheegto ilmuhu.

Tallooyin caawinaya ilme oohiyaya:

Dulqaad yeelo oo fiiri waxa ilmahaagu u baahan yahay. Isku day fikradahan:

- is-deji
- ilmaha qaad
- hubi xafaayadda ilmaha
- quudi ilmaha
- ilmaha ka daaci
- sii ilmaha baasifiyeer ama tooy
- fiiri haddii ilmuhu aad u kulul yahay ama qabow yahay

Haddii kuwan shaqayn waayaan tan isku day:

- u qaad ilmaha qol deggan
- ku qabo ilmaha laabtada oo la soco ama si deggan u leexaysii
- ilmaha fuushii baabuur ama gaadhi ciyaal
- dhig ilmaha leexada dhallaanka

Haddii wax isbeddeli waayaan, wac Xirfadlahaaga Daryeelka Caafimaad.

Ilmaha dhabarka u jiifi xoolka. Tag qol kale. Kadib nasasho yar qaado.

- Si deggan oo qunyar ah u neefso
- Dhagayso muusik
- Wax akhri
- Jimicsa
- Wac saaxiib ama qaraabo aad la hadasho
- Caawimo raadso

Ku laabo oo hubi ilmaha 5 ama 10 daqiiqo gudahood.

Xaaladda Gariirka Ilmaha

Lulista dhallaan ama ilme yar – xiitaa muddo gaaban – waxay keeni kartaa dhaawacyo halis ah sida:



- indho la'aan
- gaabis maskaxeed
- suuxdin
- serebaraal baalsi
- maqal beel
- naafaw
- lafo jaba
- naafo hadalka ama barashada ah
- iyo xiitaa **dhimasho**

Dhallaanka iyo carruurta yaryar waxay leeyihiin madaxyo waawayn marka loo eego xajmiga jidhkooda. Marka aad lusho ilme, waxay ku keenaysaa madaxiisa inuu gadaal iyo dib u kala jabo. Tani waxay ku keeni kartaa xididada dhiig ee maskaxda iyo indhuhu inay dillaacaan oo dhiigaan ooy burburaan ungyada maskaxdu. Taasi waa sababta lulista dhallaanka ama ilmaha yar ay u horseedi karto dhaawac halis ah oo sida badan abadi ah. Dhaawacyadan madax waxa loo yaqaan Xaaladda Lulista Ilmaha. Si aad ah u lulista ilmaha waxay keeni Xaaladda Lulista Ilmaha, waa qaab halis ah oo **gabboodfal ilme** ah.

Waligaa ha lulin dhallaan ama ilme yar.

**Macluumaad dheeraad ah
Waxda Caafimaadka
Pennsylvania**

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

Mararka qaar dhallaanku waa ooyaan waxaad doontaba sameeyoo.

Haddii aad u malaynayso ilmahaaga in la lulay...

booqo qolka gurmadka cusbitaalka kuugu dhaw. Calaamadaha dhaawaca ee ay keeni karto lulistu waxa kamid ah:

- neefsiga oon caadi ahayn, adag, ama joogsday
- xanaaqis ogaan xad-dhaaf ah
- suuxdino ama matag
- gariir
- gacmaha iyo lugaha oo tabar daran
- falcelin aan ka bixinayn jabaqaha ama ficillada
- ku adag tahay inuu soo jeedo

Jooji-Deji-Caawimo Hel.

TALEEFANKA DHIPTA DEGDEGGA AH EE 24 SAAC



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

Taleefankan dhibta ee degdegga ah ee 24 saac wuxuu bixiyaa taageero, macluumaad, qoraalo iyo gudbino. Ama, ka fiiri buugaaga taleefanka lambarka degmadaada ee taleefanka dhibta ee degdegga ah.

Go'aan fiican ka qaado doorashada dadka ilmahaaga ilaaliya.



La wadaag waraaqda dhammaan dadka ilmahaaga ilaaliya.

Mararka qaar dadku way lulaan dhallaanka marka ay oohinta joojin waayaan.