

“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.

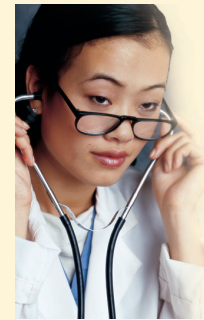
- Breathe slowly and deeply
- Listen to music
- Read
- Exercise
- Call a friend or relative to talk
- Call for help



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**.

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.

"Bebe mwen an kriye san rete... Mwen jis vle li sispann kriye".



Kriye se yon fason pou bebe kominike.

Sijesyon pou ede yon bebe k ap kriye:

Pran pasyans epi gade kisa bebe a bezwen. Esye ide ki annanpre yo:

- rete kalm
- pran li nan bra ou
- bay bebe a manje
- fe li wore
- verifye kouchet li
- verifye si bebe a pa two cho oswa two fret
- ba li yon sison oswa yon jwet



Si sijesyon sa yo pa bay bon rezilta, Fe sa a:

- Pote bebe a nan yon chanm ki gen yo anviwonman trankil.
- kenbe bebe a sou pwatrin ou epi mache oswa balanse dousman.
- fe bebe a pwomenen nan machin oswa nan yon pouset
- mete bebe a nan yon balans pou bebe

Si anyen pa mache, rele pedyat la. Sijesyon pou ede w avek yon bebe k ap kriye:

Mete bebe a kouche sou do nan beso a epi kite li kriye poukont li. Ale nan yon lot chanm. Repoze w yon moman.

- Respire lantman ak pwofondman
- Koute mizik
- Fe lekti
- Fe egzesis nan yon chanm akote a
- Rele yon fanmi oswa yon zanmi pou diskite
- Mande ed

Pwoche pre bebe epi gade kijan li ye apre 5 oswa 10 minit.



Sendwom bebe yo souke

Souke yon bebe oswa yon timoun piti - menm si se pandan kek timoman - kapab lakoz domaj tankou:



- aveg
- reta manta!
- kriz
- paralezi nan sevo
- pe tande
- paralezi
- frakti
- andikap nan langaj oswa aprantisa
- epi menm lanmo

Tee yon bebe oswa tet yon timoun piti gwo pa rapo ak gwose ko li. Le yo souke yon bebe, tee la balanse devan, deye avek vyolans. Sa lakoz domaj oswa emoraji nan veso sangen sevo a akje yo, anplis de destriksyon selil yo nan sevo a. Pou rezon sa a, souke yon bebe oswa yon timoun piti ka lakoz domaj grav epi anpil fwa, pemanan. Yo rele twomatis sa yo nan kran tet la Sendwom Bebe Souke. Souke yon timoun avek vyolans ka lakoz sendwom bebe souke, ke yo konsidere kom yon rom maltretans sou yon mine.

Pa janm souke yon bebe oswa yon timoun piti.

**Pou plis enfomasyon,
Depatman Sante
Pennsylvania**

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



Pafwa bebe yo kriye kelkeswa sa ou fe.

Si ou kwe yon moun te souke bebe w...

Ale nan sal dijans lopital ki pi pre a. Pami siy lezyon souke yo ta ka lakoz, genyen:

- respirasyon iregilye, difikilte oswa mank respirasyon
- iritabilite ekstrem
- pet konesans oswa vomisman
- tranbleman oswa frison
- febles nan bra ak nan janm yo
- pa reyaji le pou okenn son oswa sanble pa gen vi
- difikilte pou rete je kle

Pran yon poz-Kalme w-Mande ed.

Liy direk pou kriz la ouve 24 edtan pa jou



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

Liy direk pou kriz sa a ap fonksyone 24 edtan pa jou: ofri ed, enfomasyon, materyel ekri ak rekomandasyon sevis yo. Cheche tau nimewo liy direk pou zon ou an nan anye telefonik ou a

Asire w ou pran yon bon desizyon le w ap chwazi moun ki pou pran swen bebe w.



Pataje bwochi sa a ak tout moun k ap pran swen pitit gason ou.

Souple... Pa janm souke yon ti bebe! Pafwa yo souke bebe a lè li kriye san rete