

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:
(800) 606-9880

Español:
(800) 606-9880

TTY/TDD:
711



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passporthealthplan.com

Shaken Baby Syndrome

Caring for Your New Baby

How can this happen?

Parents or caregivers can lose control when trying to quiet a crying baby. Other things found to increase the risk of shaking a baby are:

- Being tired
- Having limited coping skills
- Having limited social support
- Young parental age
- Unstable family environment

How can I protect my baby?

Get enough rest. Ask friends and family to help you care for your baby. Remember that crying is normal for babies. Make sure you and your baby's caregivers follow these simple rules:

1. Give yourselves a break, if you need it. Put your baby in a safe place, like a crib, and go relax.
2. Never shake your baby in play or in anger.
3. Never hold your baby during an argument.

Shaken Baby Syndrome occurs when someone **violently shakes** a baby.

Shaking a baby can cause **brain and head injury or death.**

Harm can occur in as few as **five seconds.**

One in four shaken babies die.

