

SBS

Shaken Baby Syndrome

Let's stop this form of child abuse! Make sure **everyone** who cares for your child has a plan in case they ever feel unable to cope with a fussy, crying baby. Remember: Never Ever Shake A Baby!

TO CALM A CRYING BABY

1. Put baby in a carrier or stroller and go for a walk outside. Look at trees, cars.
2. Give baby a pacifier.
3. Play in front of mirror.
4. Blow soap bubbles.
5. Be silly. Make funny faces and sounds. Jump around.
6. Dance and sing to music.
7. Run the vacuum.
8. Undress baby and blow on his body (but not in the eyes).
9. Give child a frozen washcloth or cold teether to chew on.
10. Play with water. (pouring, splashing, making waves)

**Babies just cry sometimes.
Don't take it personally!**

We would like to thank all our contributors for their generous support. If you would also like to help, please fill in and return this section with your tax-deductible contribution.

Please write checks to the 'Child Abuse Prevention Center' with 'SKIPPER' written in the memo area and send to:

Child Abuse Prevention Center
249 Hooker Ave.
Poughkeepsie, NY 12603

I am pleased to enclose my gift to
The SKIPPER Initiative in the amount of:

☐ \$25 ☐ \$50 ☐ \$100 ☐ Other _____

Name _____

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☐ I'd like more information about SBS

☐ I'd like to volunteer to help

SKIPPER

Shaking Kills: Instead Parents Please Educate and Remember
845 - 297 - 4779

If you feel unable to cope
with a difficult child or baby call

Prevent Child Abuse New York

Parent Helpline

(800) 342-7472

English and Spanish

24 Hours a Day 7 days a Week

**NEVER
EVER
SHAKE
A
BABY**

REMEMBER: NEVER EVER SHAKE A BABY!

NEVER EVER SHAKE A BABY

SBS Shaken Baby Syndrome

A young child's head is large and heavy and their neck is relatively weak. Shaking causes their developing brain to rattle around inside their skull causing hemorrhaging or bleeding in the brain. This condition is called Shaken Baby Syndrome (SBS).

- ◆ An estimated 1,400 children per year are diagnosed with SBS.
- ◆ 20% to 25% of these children die.
- ◆ 60% suffer **permanent** lifelong disabilities such as: cerebral palsy, paralysis, epilepsy, blindness, deafness, and learning or behavioral disorders.

Shaking is most often done by a parent or caregiver who has "had it" with a fussy baby that won't stop crying. Usually the adult is stressed out and unable to calm the child. Have a plan so this doesn't happen to your child! And talk to anyone who cares for your baby about SBS.

COPING WITH A CRYING BABY

1. STOP

- ◆ Place baby in a safe place, such as the crib or playpen and walk away.

2. RELAX

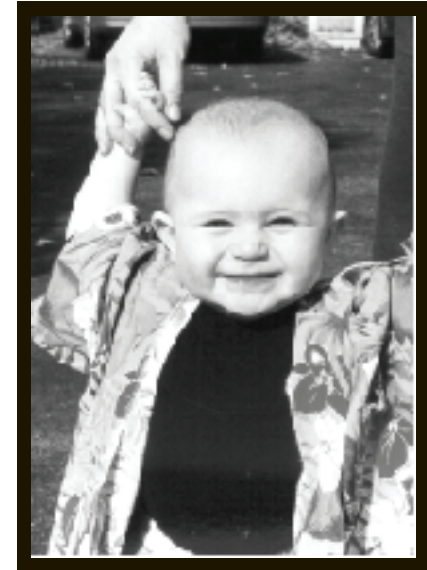
- ◆ Walk outside or into another room where the crying is not so loud.
- ◆ Sit down and take 10 deep breaths.
- ◆ Listen to music for a short time or do something else that relaxes you.

3. TRY AGAIN

- ◆ Check that baby's physical needs are met (dry diaper, not hungry, too hot or cold, ear ache, teething pain)
- ◆ If the child cannot be calmed, ask a friend or relative to come help you.

The S.K.I.P.P.E.R. INITIATIVE

The S.K.I.P.P.E.R. Initiative is a new activist group formed by the friends and family of George "Skipper" Lithco III. Skipper was shaken by his daycare provider and died before his first birthday. The organization's mission is to educate others about the dangers of shaking a baby or young child and our goal is to prevent others from having to face the tragedy of SBS in their lives.



George "Skipper" Lithco III
December 24, 1999 - December 3, 2000
SBS Victim

Shaking
Kills:
Instead
Parents
Please
Educate
&
Remember