

Shaken Baby Syndrome and Traumatic Brain Injury

Participant Manual - Standardized Version

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Acknowledgments

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Shaken Baby Syndrome and Traumatic Brain Injury

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Introduction Story

Imagine this. Thirty minutes after you arrive at work, you get an urgent call from your babysitter stating that your six month old has been rushed to the Emergency Room. According to her, your baby fell off a couch and was taken to the hospital because he was having trouble breathing.

As soon as you arrive at the hospital, you inquire about your son's condition. You find that he is in intensive care and is in full cardiac arrest. Apparently, the paramedics conducted CPR on him from the time they picked him up at the sitter's house and the hospital staff has been working on him continuously. An hour passes, then two, then three. There is still no change in his condition. Fourteen hours later, your precious baby dies from a massive brain hemorrhage.

How can that be, you wonder? After all, your perfect, healthy and beautiful baby was fine the last time you saw him. He was talkative, smiling, eating, and was very playful. You inquire further -- hospital officials confirm diagnosis; your baby died of Shaken Baby Syndrome. That's right, someone literally "shook the life out of him."

Learning Objectives

Participants will be able to:

- Define Shaken Baby Syndrome (SBS)
- Identify the profile of both an SBS victim and abuser
- Recognize signs, symptoms, and long-term effects of SBS
- Discuss what causes/triggers shaking
- Advise on how to prevent SBS and cope with crying babies

Shaken Baby Syndrome Pre-training Assessment

1. Shaken Baby Syndrome is
 - A. a form of punishment or neglect
 - B. always seen with visible bruises
 - C. caused by birth, CPR, or genetic disorder
 - D. child abuse involving the shaking of a baby

2. Shaken Baby Syndrome most commonly occurs when
 - A. baby is less than one year old
 - B. child is between one and two years of age
 - C. baby was born prematurely
 - D. baby was born with health issues

3. What is the most common cause of Shaken Baby Syndrome?
 - A. people being unaware that shaking a baby is dangerous
 - B. babies being left with inexperienced caregivers
 - C. no one knows

4. What are some reasons that babies cry?
 - A. baby is hungry
 - B. baby needs a diaper change
 - C. baby is bored and needs some activity
 - D. all of the above

5. Which groups of people are most likely to shake a baby?
 - A. women
 - B. men
 - C. caregivers
 - D. grandparents

6. What is an immediate sign or symptom of severe shaking?
 - A. lethargy or tiredness
 - B. vomiting
 - C. rolling eyes
 - D. all of the above

7. A long-term effect of shaking a baby is
 - A. loss of speech
 - B. learning and cognitive disabilities
 - C. violence issues
 - D. stuttering

8. One reason why babies are so easily hurt by shaking is because they have delicate veins in the head.
True
False
9. Falling off furniture can cause Shaken Baby Syndrome.
True
False
10. Signs of brain injury always show up immediately.
True
False
11. A baby can become blind as a result of shaking.
True
False
12. Refusing a bottle does not trigger shaking a baby.
True
False
13. The results of shaking a baby can cost as much as \$180,000 per year.
True
False
14. Shaken Baby Syndrome is not a preventable form of abuse.
True
False
15. Infants often cry loudest and longest in the morning.
True
False
16. If you suspect a child in your care has been shaken you should
- A. call Poison Control
 - B. contact emergency medical services or a pediatrician immediately
 - C. perform CPR
 - D. do nothing because symptoms vary and it is hard to diagnose Shaken Baby Syndrome

Section 1: What is Shaken Baby Syndrome (SBS)?

Definitions

Clinical Definition:

Shaken Baby Syndrome, or SBS, is a form of Abusive _____
_____ (AHT) that causes _____ over the surface of the brain,
_____ of the brain, bleeding at the back of the eyes, and other injuries not seen
together in any other disease or medical condition.

Layperson's Definition:

_____ abuse involving the shaking
of a baby.



Shaken Baby Syndrome is a form of Abusive Head Trauma that occurs when a frustrated parent, adult or child care provider violently shakes, slams, hits, or punches a child's head, usually to stop them from crying or to get a child to respond to the expectations of the child care provider. There are often no outward signs of trauma, but there is injury to the brain and sometimes to the eyes. When a toddler or infant suffers severe brain swelling, retinal hemorrhages or other damage to the eyes, in combination with bleeding under the membranes which cover the brain, there are really only two actions that may explain this. Either the infant was manually and violently shaken by another human being, or the infant was involved in a massive, often rollover, automobile accident or some other equivalent accident. In common terms, Shaken Baby Syndrome is child abuse involving the shaking of a baby.

Shaken Baby Syndrome IS . . .

- A form of child abuse
- Often ruled _____ or _____ if the child dies
- A unique, identifiable combination of _____
- Caused by forceful, violent shaking
- Preventable through _____

It is important to know the differences between Shaken Baby Syndrome and other forms of child abuse. Shaken Baby Syndrome is a form of child abuse inflicted on a baby, usually by an adult. SBS is often ruled as a homicide or murder if the child dies. SBS displays a unique, identifiable combination of injuries not common to other forms of abuse. SBS is caused by forceful, violent shaking of a baby. There are many factors that contribute to adults shaking a baby, but SBS is preventable through education. Later on in this training, you will learn measures that can be taken to prevent a person from shaking a baby.

Legal Charges

- Assault on a Child
- Child Homicide
- Child Protective Services



As you know, child abuse is illegal. Here are two different ways a person can be charged when accused of Shaken Baby Syndrome:

First, a person can be charged with **Assault on a Child**. This means a person is accused of having shaken a baby or child who has been diagnosed with Shaken Baby Syndrome.

When a baby or child dies from Shaken Baby Syndrome, the person suspected of doing the shaking is charged with **Child Homicide**.

In all cases of SBS, **Child Protective Services** is called, and all other children in the same environment may be removed for their protection.

Video: Never, Never Shake a Baby

Notes:

Shaken Baby Syndrome IS NOT. . .

- A form of punishment or _____
- Found among the effects of any other form of child abuse or accidental trauma
- A pre-existing _____ condition or disease
- Always seen with _____ bruises
- Caused by car accidents, falls, tossing in the air, or rough play
- Caused by birth, CPR, or _____ disorders

Shaken Baby Syndrome is not a form of punishment or neglect. Because SBS has a unique, identifiable combination of injuries, it is not found among the effects of any other form of child abuse or accidental trauma. SBS is not related to any other pre-existing medical conditions or diseases. The effects of SBS are often not outwardly visible, and therefore there are not always visible bruises. SBS is not caused by car accidents, falls, tossing a baby in the air, or rough play. Children suffer different types of injuries from those activities or actions. SBS is also not caused by a traumatic birth, CPR, or genetic disorders.

SBS Statistics

- SBS accounts for more than _____ % of non-accidental injuries in children.¹
- It is estimated that somewhere between 1,400 and 10,000 cases of SBS occur each year in the U.S.^{1,2}
- _____ % of all shaken babies die from their injuries and _____ % can suffer severe brain damage.³
- Approximately _____ % of SBS victims either die from their injuries at a later time or suffer lifetime disabilities.³
- Between _____ and _____ % of the perpetrators are male.^{3,4}



Video: Some Things You Shake... Some Things You Don't

Notes:

Other SBS Facts

SBS is the most common cause of death in abused children.^{2,5} The younger a child is, the more likely a head injury is due to abuse, such as severe shaking.⁶ Because the injuries are not always outwardly visible, the injuries may not become apparent until the child enters school and shows cognitive and behavioral problems. Fatal cases of SBS have occurred in five-year-olds⁷ and six-year-olds.² Even adults can suffer brain injuries as the result of a severe shaking.⁸

Activities that DO NOT Cause SBS

There are common misconceptions that Shaken Baby Syndrome can be caused by certain activities. These activities can be hazardous to a baby's health, but they do not cause the same injuries as shaking a baby. Activities that do not cause SBS include, the baby:

Falling off furniture or a counter

Being bounced or jogged on an adult's knee

Being carried in a backpack while the adult jogs or runs

Being tossed up and caught

Jerking in a car seat when a driver stops the car suddenly



Section 2: Profile of a Shaken Baby

Profile of a Shaken Child

Common characteristics among victims:

- Less than one year old
- Under 6 months old
- Twins

Research shows that SBS victims have some characteristics in common. For example, most victims are less than one year old with the majority of victims under 6 months old. Also, twins have a higher chance of being shaken than single children.

Why is a Baby So Easily Hurt?

A baby's body has unique characteristics that make it vulnerable to injury from shaking.^{1,2} Babies have a heavy head that is _____ % of their body weight compared to an adult head which is about 8% of total body weight.

They also have very weak neck muscles that cannot resist movement. Babies have extra space in their skulls and the brain actually bounces inside the skull cavity, which bruises the brain tissue.

The whiplash motion from being shaken can cause delicate veins inside the head to rupture and bleed. The brain of a young child is soft and easily deformed by inertial head motion. Brain tissue has a soft consistency at all ages somewhat like set gelatin.

Immediate Signs and Symptoms of Severe Shaking

A severely shaken baby can show one or more of the following signs:²

- Absence of response to stimulation
- _____
- Convulsions
- Inability to make sounds
- Inability to track movement visually
- Difficulty _____
- Blue-looking or dusky skin tone
- Unconsciousness
- _____
- Crying quited to whimpering due to brain _____
- Rolling eyes

Signs of Less-Severe Shaking

When the shaking of a baby is less severe, there are still some signs that are visible and indicate that a baby has been shaken. Some of these less-dramatic signs include:

Unusual or unexplained change in sleeping pattern

Confusion, restlessness, or agitation

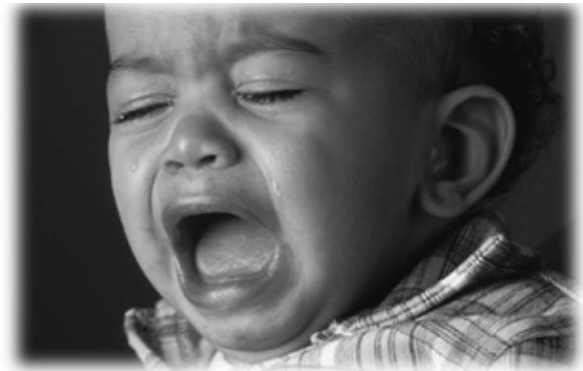
Absence of energy or motivation

Slurred speech

Uncontrollable crying

Unexplained inability to be consoled

Unexplained inability to nurse or eat



Long-Term Effects

Along with immediate consequences of shaking a baby, there are long-term consequences that affect the physical and behavioral development of a shaken baby.

The long-term effects of shaking a baby can be significant, including:

- Learning and cognitive disabilities
- _____ disabilities
- Behavioral disorders
- Visual disabilities or blindness
- _____ impairment
- Speech disabilities
- _____ on one or both sides
- Cerebral _____
- Trauma-induced seizure disorders
- Loss of motor control
- _____

The Many Costs

The costs of Shaken Baby Syndrome go beyond the physical and developmental effects that were described earlier.

For example, there are initial hospitalization costs, equating to a cost of approximately _____ per child.³ There are also costs for ongoing treatment and in-home nursing which is about _____ per year per child.³

Non-monetary costs are the child's loss of childhood, teenage years, adulthood, and parenthood. The child can sustain life-long injuries due to the abuse, including the loss of his or her "normal" physical and cognitive functions. There is a cost to the abused child's siblings as well as they lose the potential for a normal relationship with their now disabled brother or sister.

Outside of the abused child and his/her family, high public education costs are a cost to the public at large.

The abusers rarely pay any of these costs. Families of the victim, taxpayers, and insurance companies are responsible for rehabilitation, medical, special education and living expenses. Some experts believe the costs could be as much as \$15 million over a lifetime.

Beyond costs for the abused child, the accused abuser can cost their state thousands of dollars per year. A 2012 study by the Vera Institute of Justice estimates the cost per inmate per year in Illinois to be \$38,268. This figure does not include the cost of prison construction, the cost of investigating the crime, prosecuting and defending the perpetrator.⁸



These costs are paid by our **TAX DOLLARS!**

Section 3: Profile of a Shaker

Profile of a Shaker

- In general, most shakers are _____
- Usually the biological father or mother's boyfriend^{2,3,4}
- _____ is capable of shaking a baby

In general, most shakers are male as they may be less familiar with babies' needs, may have financial or family stresses, or may not be used to a baby's crying and may use force to stop the crying. Most men who shake a baby are the biological father of the child or the mother's boyfriend.^{2,3,4} Not just men shake babies, though. Mothers, grandparents, stepparents, other relatives, and child care providers can shake babies as well. Anyone who may become frustrated is capable of shaking a baby.

Activity: Self-Calming Brainstorm

What are some non-violent ways to deal with anger and frustration?

What do you do to relax when you feel stressed and overwhelmed?





Babies cry.
Have a plan.

Self-calming strategies key

(For use with the Self-Calming Brainstorm Activity.)



During the activity, you will ask participants to brainstorm some self-calming strategies. Use the following list as a reference to help you facilitate the activity.

Put the baby in a safe place like the crib, leave the room, close the door, and take a break.

- Imagine you are somewhere relaxing and pleasant like a warm beach.
- Read.
- Listen to music.
- Take a shower or bath.
- Take a deep breath and slowly count to 10. Don't think about the problem – just concentrate on your breathing, count, and calm down
- Close eyes and take deep breaths.
- Write down the 5 best things about yourself.
- Write down the 5 best things about the baby.
- Write down your feelings.
- Count to 100.
- Ask a friend or relative to come and help.
- Talk to someone about your feelings.
- Concentrate on something like a crossword puzzle.
- Use positive self-talk (for example, “I can calm myself” and “the baby knows I am trying”).
- Ask a friend, relative, or caregiver to look after the baby so you can leave for a break.
- Join a parenting group for emotional support and to build parenting skills.
- Do something that makes you laugh or smile.
- Yell in a room away from others.
- Yell in your head silently.
- Yell into a pillow.
- Beat on pillows, cushions, or mattress.
- Hit a punching bag or weight bag.
- Scream with a towel in your mouth.
- Rip a telephone book or newspaper.
- Exercise.
- Do housework; shake a rug.

Remember, it's more important to stay calm than stop the crying.

Adapted with permission
from the Alberta,
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What Causes Shaking?

#1 Reason: To stop the child from crying

Researchers believe that the number one cause for Abusive Head Trauma is related to crying. Trying to get a baby to stop crying is the #1 “trigger” for shaking a baby. A crying baby, especially one that cries a lot or is colicky, is extremely stressful and often times builds frustration in the adult. If the adult does not adequately care for themselves by getting proper amounts of sleep, eating well, exercising, having coping techniques, etc., he or she may have a hard time dealing with the frustration, causing the adult to lose control and shake the baby.

- _____ builds
- Adult does NOT take care of himself or herself
- Adult _____
- Adult shakes baby



Secondary “Triggers” for Shaking

- Frustration with _____ training
- Frustration with a baby’s choosy appetite
- Frustration with a baby’s crankiness due to _____
- Others...

As a baby gets a older there are other “triggers” that cause an adult to shake a baby. Some of these are **toilet training, feeding problems, moodiness as a result of illness, and interrupting**. Often, crying, in combination with another trigger, leads to the frustration of the adult providing care who then abuses the child.

Toilet training of children results in many instances of physical abuse, in addition to SBS injuries. Most of these injuries occur to children who are 12 – 48 months of age. There is a need to educate child care providers that according to the American Academy of Pediatrics, most children are not ready to be potty trained until sometime between their 3rd and 4th birthdays.

In infants, feeding can become an issue when they refuse to take the bottle that is offered to them. With older children, feeding can become an issue if they refuse the food that is offered to them or they throw their food on the floor, a natural response by a child when learning cause and effect.

Caring for an infant is hard work and child care providers are often multi-tasking and trying to do many different things at once, including sleeping. When an infant’s cries interrupt an activity that the adult is trying to complete, the adult will sometimes become so frustrated with the child that he/she loses control and causes a serious injury to a child. **When a child cries, it is okay for the adult to place the child in a safe place and walk away until he/she gains control of his/her emotions.**

Activity: Anger Discussion

Is it OK to feel angry?

What kind of changes happen to our bodies as our anger builds?

What do you think happens to our ability to think clearly as our anger builds?

Can people control their anger?

Anger is an emotion that has a number of stages. You can take charge of your emotions and work through anger in a safe way at any of these stages, before you boil over.

Stage One – Pre-anger: This is the time before anger is triggered. Different people have different triggers.

Stage Two – Heating up: As anger begins to build, changes happen in our bodies and our ability to think clearly is lessened. There is a greater chance we may do something we will later regret.

Stage Three – Before boiling over: This stage refers to the few seconds before you lose your temper and strike out.



Manage anger so anger doesn't manage you!

Anger is a normal, healthy emotion that we all have. It's not a **bad** feeling – it's a real feeling. Sometimes anger can get out of control and become destructive. It is up to each of us to learn to manage our anger and express it in ways that don't hurt others or ourselves.

It's OK to feel angry.

It's OK to express anger.

It's NOT OK to take your anger out on someone else.

Dealing with other people can sometimes be frustrating, but you can't avoid them, nor can you change them. You can, however, learn to control **your** reactions. Anger is an emotion that has a number of stages. Know the anger warning signs and make a plan to work through your anger in a safe way

Stage 1 – Pre-anger

This is the time before anger is triggered. Everyone has different ways of dealing with emotions and different triggers for anger. Anger is a secondary emotion. It can be triggered by many other emotions, such as fear, hurt, boredom, loneliness or frustration. Depending on your circumstances, you may be more or less prone to slide into the emotion of anger.



Stage 2 – Heating up

The heating up stage occurs when you start to get emotionally involved. As anger begins to build, changes happen in your body:

- Your breathing gets faster.
- Your heart beats faster.
- Your muscles tense.
- Your voice gets louder.
- Your pupils get bigger.
- "Fight or flight" stress hormones are released.

As energy pours into your body, your ability to think clearly is lessened. Your judgment is not always clear and there is a greater chance you may do something you will later regret.

Stage 3 – Before boiling over

This stage refers to the few seconds before you lose your temper.

You can take charge of your emotions at any of these stages, BEFORE you boil over.

Use the A.N.G.E.R. workout system on the back to help you learn how to manage anger so that anger doesn't manage you.

The information in this handout is a compilation of information adapted from the following sources:

Capital Health Region Prevention Services Child, Youth and Family Health (2000). Never Shake a Baby Resource Guide. BC Ministry for children and Families, Capital Health Region, and Queen Alexander Foundation. Victoria, British Columbia.

James J. Messina, Ph.D., & Constance M. Messina, Ph.D., SEA's Program @ <http://www.coping.org>.

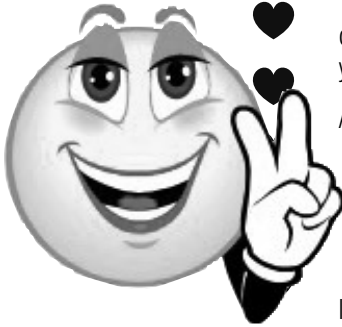
APA Online, "Controlling Anger – Before it Controls You" @ <http://www.apa.org/topics/controlanger.html>.

WikEd 2 http://wik.ed.uiuc.edu/index.php/anger_management.



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♥♥ A.N.G.E.R. workout system



♥♥♥ The A.N.G.E.R. workout system has five steps that you can use to work your way from angry to calm.

♥♥♥ This handout uses the example of dealing with a crying baby to explain how you can take charge of your anger using the A.N.G.E.R. workout system.

♥♥♥ All babies cry, it's normal. Crying, however, is an unpleasant sound. It is normal to have strong feelings when we hear crying, especially if we feel powerless to stop it. Let's say the baby you are caring for keeps crying even though you have tried different ways to soothe the baby. It seems like the crying will never end and you can feel tension and anger building...

♥♥♥ A – Accept

♥♥♥ Don't deny your feelings. It is important for you to recognize what you are feeling, so you can manage your actions.

♥♥♥ N – Name

♥♥♥ Anger is a secondary emotion. Name and identify the emotions that have built up to the point that you are angry. Is it your tiredness or your frustration that has led to your anger?

♥♥♥ G – Get it out

♥♥♥ Put the baby in a safe place like the crib, leave the room, and close the door. It will not hurt the baby to cry while you take a break to safely express your anger and focus on calming yourself.

♥♥♥ Actively express your anger on inanimate objects rather than on people. For example:

- ♥♥♥ • Yell in a room away from others.
- ♥♥♥ • Yell into a pillow.
- ♥♥♥ • Beat on pillows, cushions, or a mattress.

- Hit a punching bag or weight bag.
- Rip a telephone book or newspaper.
- Dance, jump, shake, or spin around to loud music.
- Scribble with markers.

E – Energize

Energize yourself to feel calmer, more relaxed, less anxious, less tense, or less stressed.

Built up anger takes time to subside and adrenaline leaves the body slowly. It is important that you don't return to the baby too soon. If you do, you may become angry again very quickly, especially if the baby is still crying. Take time to do one or all of the following:

- **Calm yourself** – Use strategies that will help you calm down such as deep breathing or listening to music.
- **Talk it out** – Use some positive self talk. Remind yourself that the crying doesn't mean you aren't doing a good job. Call a friend or family member – talk it out.
- **Ask for help** – It's OK to say you can't manage on your own; sometimes asking for help is the best thing to do.

R – Resume

Return to the baby after a 10- to 15-minute break if you can do so in a calm, cool manner.

It is important to monitor the signals from your body (like your breathing and muscle tension) and how you are feeling towards the baby. You may not be ready to go back or you may need to have another break, especially if the baby is still crying.

Never have a baby in your hands when you are angry.

Some people are angry most of the time. They often take out their feelings on others and sometimes on themselves. It can be a way of getting attention, controlling others, or asking for help. If anger is a constant feeling for you, it is important to seek professional help from a doctor or counselor.



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For more information about Shaken Baby Syndrome and for a free Positive Parenting Kit, visit <http://wctf.state.wi.us>.

Section 4: Why Babies Cry

Why Do Babies Cry?

Babies cry for _____ reasons!

It is the **ONLY** way they can _____!

Most infants tend to cry between one to four hours a day. Older children can show or tell you what they want or what is wrong, but babies can only cry. Babies cry for MANY reasons, but they tend to fall into one of the following categories: pain, hunger, fatigue, boredom, or discomfort. Parents and providers need to pay close attention to the baby to figure out what he or she is trying to tell them.

A baby may cry because he or she:

- Is hungry
- Needs to _____
- Wants to suck on a pacifier (or clean finger)
- Needs a _____ change
- Is too hot or too _____
- Is getting _____ and is cranky
- Has diaper rash
- Is _____
- Is _____
- Is over-stimulated

A crying baby can be extremely frustrating and it is very important that caregivers know how to cope with a crying baby without getting frustrated and harming the baby.

A baby may also cry because he or she:

- Has _____
- Has minor gas pains
- Has a _____
- Is reacting to his or her parent's or child care provider's stress
- Is in _____
- Is bored and needs some activity
- Needs to be _____ and _____



Activity: Crying Plan

The Infant Crying Key (next page) includes information:

- To soothe the baby
- To calm yourself
- For who you can call for help

On the Infant Crying Key:

- Circle at least three ideas that you would be willing to try.
- Write down additional ideas that have worked for you or people you know.
- Fill in the phone numbers of people you know you can trust to help when the crying is too much.

Notes:

Why do you think it says “Babies cry. Have a plan.” on the crying plan?”

Keep your Crying Plan and have it nearby when caring for an infant or toddler!

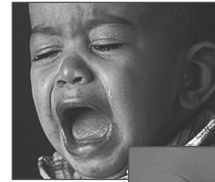
When baby can't stop crying...what can you do?

All babies cry. It is how they tell you they need something. A crying baby may:

- Be hungry or gassy.
- Have a wet or soiled diaper.
- Be sick or in pain.
- Be frustrated or bored.

Sometimes babies cry for no apparent reason. Sometimes babies can't stop crying no matter what you do. When this happens, feeling frustrated is normal.

Having a plan to cope with crying can help.



Here are some ideas you can try. Be sure to add your own ideas and the phone numbers of people you know can help you.

To soothe the baby, I can...

- Check if he is sick or in pain.
- Feed her slowly and burp her often.
- Change his diaper.
- Take her for a walk.
- Wrap him in a blanket.
- Play soothing music.
- Run the vacuum.
- Gently massage her tummy or back.
- Snuggle him against my chest.
- Gently rock her.
- Sing, read, or talk softly.
- Put him in a baby swing.
- Carry her in a carrier or sling.
- Give him a warm bath.
- Encourage her to suck.
- Reduce noise, light, and movement.

Other ideas to soothe baby...

To calm myself, I can...

- Gently put baby where he will be safe, like his crib, and leave the room for 10 minutes.
- Listen to music.
- Call a friend or relative.
- Take a shower or bath.
- Exercise
- Do housework—shake a rug.
- Read.
- Write down the 5 best things about myself.
- Write down the 5 best things about baby.
- Close my eyes and take deep breaths.
- Count to 100.
- Ask a friend to come and help.
- Talk to someone about my feelings.
- Concentrate on something like a crossword puzzle.
- Use positive self-talk such as "I can calm myself" and "the baby knows I am trying."

Other ideas to calm myself...

I can call anytime during the day...

In an emergency, I can call...

NEVER shake a baby for any reason.

Sometimes babies just need to cry.

Remember, it's more important to stay CALM than stop the crying.

It's okay to ask for help.

Babies cry. Have a plan.

Parents:
Please show this to everyone who cares for your baby.

Get your license to care—the special Celebrate Children license plate—at <http://wctf.state.wi.us>.

Provided by
Wisconsin Children's Trust Fund
110 East Main Street, Suite 614
Madison, WI 53703
608-266-6871 • <http://wctf.state.wi.us>

Common Crying Behavior

The National Center on Shaken Baby Syndrome (NCSBS) coined the acronym PURPLE™ for the Peak, Unexpected, Resistant, Painful-looking, Long-lasting, and Evening crying of a typical, healthy infant.¹¹

The Period of PURPLE Crying® program is the name given to the National Center on Shaken Baby Syndrome's evidence-based Shaken Baby Syndrome prevention program, which includes a booklet and a short DVD, intended to be given to parents of new infants and child care providers. The Period of PURPLE Crying® program approaches SBS prevention by helping parents and child care providers understand the frustrating features of crying in normal infants that can lead to shaking or abuse.

This program is designed and approved by pediatricians, public health nurses, child development experts, and parents.

Video: Period of PURPLE Crying Program Introduction

Notes:

The Letters in **PURPLE** Stand for

P	U	R	P	L	E
PEAK OF CRYING	UNEXPECTED	RESISTS SOOTHING	PAIN-LIKE FACE	LONG LASTING	EVENING
Your baby may cry more each week. The most at 2 months, then less at 3-5 months	Crying can come and go and you don't know why	Your baby may not stop crying no matter what you try	A crying baby may look like they are in pain, even when they are not	Crying can last as much as 5 hours a day, or more	Your baby may cry more in the late afternoon and evening

Many healthy infants show PURPLE™ crying behavior. Here is what the letters in **PURPLE** stand for:

- Crying reaches its **peak** frequency and duration at about two months of age.
- Crying during this time is **unexpected** and may start and stop without an obvious cause.
- This crying can be **resistant** to all efforts to comfort.
- The infant may appear to be in **pain**, with her knees pulled up, and a painful expression on her face.
- This crying can be very **long-lasting**, and may continue for a half-hour or longer.
- Late afternoon and **evening** are often the times when an infant will cry the loudest and longest.

Dr. Ronald Barr, a developmental pediatrician, who has done more studies on infant crying than anyone in the world, came up with the phrase, "Period of PURPLE Crying." His idea was to explain this phase to parents of new babies so they would know it was normal and they would be encouraged that it would come to an end.¹²

Section 5: Self-Care and Action Steps

Wanted: Coping Skills

In order to cope with the challenges of caring for a baby/child, parents and child care providers need to learn about:

- _____ **management** and how to deal with everyday stresses.
- **Anger management** and how to manage emotions when they are feeling anger
- _____ such as guiding children in ways that support their development of self-control. Parents must use discipline techniques that are respectful, accepting, and comforting.
- **Ages and _____ of children** – Children change very quickly, and it is important to realize that what works with a 1 ½-year-old will most likely not work for a 2 ½-year-old.
- **Nurturing** – Nurturing parents and providers help build strong character and a sense of self-worth in children.
- **Overall _____** – Parents and providers have enormous influence and control over the children in their care. How they interact with the children on a daily basis and over the long run will shape the children's behavior and future choices.



Video: Shaken Baby Syndrome

Notes:

Coping Suggestions

The previous video gave tips on how a parent can handle frustrations with a baby. As a provider, you cannot just leave the care of other children and take a walk to get away from a crying baby. Suggestions for you include:



Offer a _____

Provide slow, calming music for baby's listening

Take a deep breath

Count to _____

Be sure the baby is in a safe environment and walk away for awhile

Call a friend, relative, or neighbor for _____

Caring for the Caregiver

- Giving to others = emptying yourself
- Good caregivers take care of themselves
- YOU are important!

By giving to others, we empty ourselves. We need to be consciously aware of how we can fill ourselves back up. If we give and give without replenishing, we will eventually give out. This is when burnout occurs and when frustrations peak.

As caregivers, it is important to be sure we take the time each day to fill ourselves back up. It is impossible to be a good caregiver to others if you do not take care of yourself. You are important to your families, the children you care for, and your communities.

Ask yourself:

What do you do for yourself?

What do you do to fill yourself back up again?



Ideas for encouragement:

- *Sing in the shower*
- *Smile*
- *Listen to your feelings*
- *Have a good sense of humor*
- *Be a good listener*
- *Call an old friend with whom you have lost touch*
- *Take a spontaneous weekend trip*
- *Plant some flowers and watch them grow*

If You Suspect a Child Has Been Shaken

If you suspect a child in your care has been shaken or has abusive head trauma, you should:

Contact _____ medical services or a pediatrician immediately as immediate treatment may prevent serious permanent damage, life threatening injuries, or death.

Be sure to tell medical personnel that you know (or suspect) that the child has been shaken. Without this knowledge, the doctor may spend precious time looking for other causes of illness or problems.

Signs of SBS may vary from mild and nonspecific to severe and immediately identifiable clinically as head trauma. Although some signs of severe shaking are more easily seen than others, it is not always easy to detect a problem.



As a caregiver, it is a good idea to document and keep a confidential file of concerns, behaviors, or symptoms you think could be from abusive head trauma, or from shaking a child. **Remember, if you have reason to believe, it does not mean that you MUST prove a child is abused.**

According to the CDC, some caregivers do not report a history of any trauma because they do not know there has been trauma (since it has been inflicted by someone else without their knowledge) or they may not want to tell for fear they may be blamed.

Have an Action Plan

It is important to have an action plan if you suspect a baby has been shaken.

Responding to shaking is no different than dealing with other illnesses or accidents. It is important to have a clear plan in place before the emergency occurs and to take action as soon as you notice that something is wrong. It is much better to seek treatment too early than to wait too long.



If you know or suspect that an infant or young child has been shaken, it is critical that you seek medical help immediately. As with any emergency, contact the parents as soon as you can, **but the first call must be to 911.**

Tips...

- If the child stops breathing before emergency help arrives, begin_____.
- If the child is vomiting and you don't suspect a spinal injury, turn his/her head to the side to prevent choking and aspiration.
- If you suspect a spinal injury, carefully roll the whole body to the side as one unit (logrolling) while protecting the neck to prevent choking and aspiration.
- DO NOT pick up or _____ the child!

Activity: Shaken Baby Syndrome Action Plan

Although it is NEVER okay to shake a baby, we must be prepared to take action if it does occur.

Notes:



Shaken baby action plan

Responding to shaking is no different than dealing with other illnesses or accidents. It's important to have a clear plan in place before the emergency occurs and to take action as soon as you notice that something is wrong. It is much better to seek treatment too early than to wait too long.

Be aware of shaking symptoms

Some of the early symptoms of shaking are irritability, lethargy or sleepiness, feeding problems, vomiting, dilated pupils, poor muscle tone, pale or bluish skin, seizures, not breathing, or loss of consciousness.

When an infant is shaken, the most serious effect is on the brain, but there are other physical signs that might accompany shaking. The most common ones are fractures to the ribs, fractures to the long bones of the arms or legs, and external wounds or bruises to the head. External head wounds will not be evident with most incidence of shaking. It is critical that you watch for and act on the less obvious signs of internal trauma to the brain.

Seek medical help immediately

If you know or suspect that an infant or young child has been shaken, it's critical that you seek medical help immediately. As with any emergency, contact the parents as soon as you can, but the first call must be to 911.

If the child stops breathing before emergency help arrives, begin CPR.

If the child is vomiting and you don't suspect spinal injury, turn his head to the side to prevent choking and aspiration.

If you suspect a spinal injury, **carefully** roll the whole body to the side as one unit (logrolling) while protecting the neck to prevent choking and aspiration.

Do NOT pick up or shake the child!

For more information about Shaken Baby Syndrome and materials on how to cope with infant crying, visit <http://wctf.state.wi.us>.



Early symptoms of shaking

- Irritability
- Lethargy, sleepiness
- Feeding problems
- Vomiting
- Dilated pupils
- Poor muscle tone
- Pale or bluish skin
- Seizures
- Not breathing
- Loss of consciousness

Other physical signs

- Rib fractures
- Fractures of long bones in the arms or legs
- External wound or bruise to head

Emergency response

- Call 911.
- If the child stops breathing, begin CPR.
- If the child is vomiting, turn the child to prevent choking or aspiration.
- **Do NOT** pick up or shake the child!

Prevention Works!

SBS is preventable WITH EDUCATION.

When parents and child care providers know the injuries that shaking causes and ways to manage their frustration and stress, they will STOP before they SHAKE.

Always Remember

- No baby has died from crying too much. The baby will eventually stop crying.
- If someone calls you frustrated with a crying baby, offer your help. Remember that you may have been in the same situation and needed help.
- **NEVER** shake a baby! No matter how bad it gets, there is always help available if you ask for it.
- The ChildhelpUSA Hotline is available at all times. They can be reached at **1-800-422-4453**.
- If all else fails, **CALL 911**.

Thank you for taking the time to become more educated about Shaken Baby Syndrome. Your knowledge will help save lives!

Shaken Baby Syndrome Post-training Assessment

1. Shaken Baby Syndrome is
 - A. a form of punishment or neglect
 - B. always seen with visible bruises
 - C. caused by birth, CPR, or genetic disorder
 - D. child abuse involving the shaking of a baby

2. Shaken Baby Syndrome most commonly occurs when
 - A. baby is less than one year old
 - B. child is between one and two years of age
 - C. baby was born prematurely
 - D. baby was born with health issues

3. What is the most common cause of Shaken Baby Syndrome?
 - A. people being unaware that shaking a baby is dangerous
 - B. babies being left with inexperienced caregivers
 - C. no one knows

4. What are some reasons that babies cry?
 - A. baby is hungry
 - B. baby needs a diaper change
 - C. baby is bored and needs some activity
 - D. all of the above

5. Which groups of people are most likely to shake a baby?
 - A. women
 - B. men
 - C. caregivers
 - D. grandparents

6. What is an immediate sign or symptom of severe shaking?
 - A. lethargy or tiredness
 - B. vomiting
 - C. rolling eyes
 - D. all of the above

7. A long-term effect of shaking a baby is
 - A. loss of speech
 - B. learning and cognitive disabilities
 - C. violence issues
 - D. stuttering

8. One reason why babies are so easily hurt by shaking is because they have delicate veins in the head.

True

False

9. Falling off furniture can cause Shaken Baby Syndrome.

True

False

10. Signs of brain injury always show up immediately.

True

False

11. A baby can become blind as a result of shaking.

True

False

12. Refusing a bottle does not trigger shaking a baby.

True

False

13. The results of shaking a baby can cost as much as \$180,000 per year.

True

False

14. Shaken Baby Syndrome is not a preventable form of abuse.

True

False

15. Infants often cry loudest and longest in the morning.

True

False

16. If you suspect a child in your care has been shaken you should

A. call Poison Control

B. contact emergency medical services or a pediatrician immediately

C. perform CPR

D. do nothing because symptoms vary and it is hard to diagnose Shaken Baby Syndrome

Presentation Endnotes

- ¹ Shaken Baby Alliance. (n.d.). What is Shaken Baby Syndrome? [Brochure]
- ² National Center on Shaken Baby Syndrome. (2006). SBS 101.
- ³ National Shaken Baby Coalition. (n.d.). Facts About SBS! Retrieved March 10, 2007, from <http://www.shakenbabycoalition.org/facts.htm>.
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- ⁶ The National Children's Study. Assessing the Incidence and Outcomes of Mild Traumatic Brain Injury in the National Children's Study. (Sept. 2003). <http://www.nationalchildrensstudy.gov/Pages/default.aspx>.
- ⁷ National Association of Children's Hospitals and Related Institutions (NACHRI). (2000). NACHRI Supports Findings of Conference on Shaken Baby Syndrome. Retrieved Feb. 25, 2007, from <http://www.yourchild.shealth.com/halert/shake.html>.
- ⁸ The Vera Institute of Justice. (2012). "The Price of Prisons: What Incarceration Costs Taxpayers," p. 21.
- ⁹ Kiwanis Club of Ottawa, Canada. Never shake a baby! What parents and caregivers need to know. (1998). [Videotape]
- ¹⁰ U.S. Centers for Disease Control and Prevention. (2006). Shaken Baby Syndrome. (February 2004). http://www.cdc.gov/communication/tips/shaken_baby.htm.
- ¹¹ National Center on Shaken Baby Syndrome. (2003). The Period of PURPLE™ Crying. [Brochure]
- ¹² The Period of PURPLE Crying. Facts about The Period of PURPLE Crying, retrieved on December 28, 2010, from <http://www.purplecrying.info/sections/index.php?sct=1&>.

Helpful Organizations

American Academy of Pediatrics (AAP)

Child Abuse Prevention Network

Childhelp

Gateways to Opportunity

National Center on Shaken Baby Syndrome

Parents as Teachers

Prevent Child Abuse Illinois

Shaken Baby Alliance

U.S. Centers for Disease Control and Prevention (CDC)