

If your baby is still crying and you are feeling stressed

Wrap your baby in a small soft sheet and place on his/her back in the cot. Then leave the room.

Crying will not harm your baby. Do something to take a break from the sound:

- Listen to music
- Watch TV
- Have a quick shower
- Call a relative or friend, let someone know how you feel

Check your baby at least every 10 minutes if crying continues.

ASKING FOR HELP IS A SIGN OF COPING

If you are still worried about your baby's crying or general health talk to your Doctor, Midwife or Health Visitor.

REMEMBER:

No matter how upset you feel,
**SHAKING YOUR BABY
IS JUST NOT THE DEAL!**

Where you can turn for Help

Your Hospital is
Phone Number:

Your Midwife is:
Phone Number:

Your Health Visitor is:
Phone Number:

Help Lines

NHS Direct Wales: 0845 46 47

Cry-sis: 08451 228 669

National Childbirth Trust: 0300 330 0700

NSPCC Helpline: 0808 800 5000

Samaritans: 08457 90 90 90

Mumsnet: www.mumsnet.com

Acknowledgements:

Derbyshire Safeguarding Children Board

The Children's Hospital at Westmead

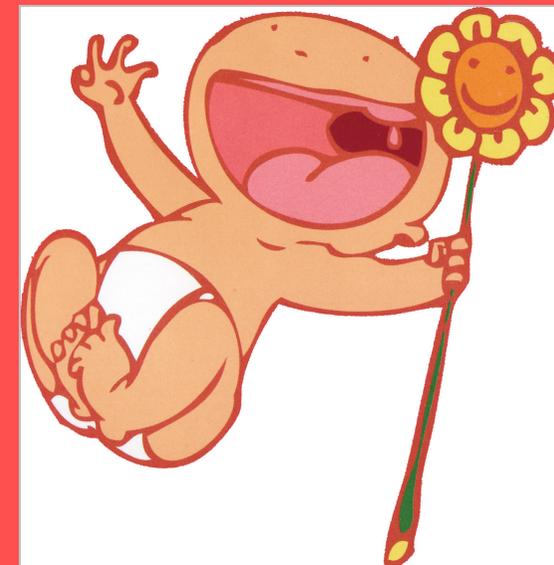
Kids West-Children's Charity

New South Wales Government-Health-Western

Sydney Local Health District



SHAKING YOUR BABY



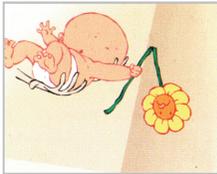
IS JUST NOT THE DEAL!

IF YOU ARE WORRIED ABOUT
YOUR BABY'S CRYING OR
GENERAL HEALTH TALK TO YOUR
DOCTOR, MIDWIFE OR HEALTH
VISITOR

Welcome to the Wonderful World of Parenthood

We all want to be good parents or caregivers with happy, healthy and well-behaved children. However, sometimes caring for a child is not easy. This leaflet offers some helpful tips on safe, positive ways of caring for your baby. It also explains why rough handling, especially shaking a baby or a child, is dangerous and can cause serious injuries, possibly even death.

Why is it so dangerous to shake a baby?



A baby's head is big and heavy compared to the rest of its body. Unless supported, the head flops around because the neck muscles aren't yet strong enough to hold it still. When a baby is shaken his/her head is thrown back and forth very quickly with great force. This force causes tiny blood vessels inside the baby's brain to tear and bleed, resulting in one or more of the following injuries:

- blindness
- fits
- learning difficulties
- deafness
- brain damage

Injuries caused by shaking don't happen accidentally during normal play, so you shouldn't stop cuddling, playing and doing all the things your child really enjoys.

Why would anyone shake a baby?

The major reason that babies are shaken is due to a build up of frustration by a parent or caregiver in response to a crying baby.

When do babies cry?

Crying is one of the ways babies can tell us how they feel or what they need.



However, finding out what your baby needs is not always easy.

They may be:

- UNCOMFORTABLE - too hot or too cold?
- HUNGRY
- UPSET or SCARED
- UNWELL - teething, wind or be running a temperature
- LONELY - sometimes your baby will just want to be comforted.



How to Cope with a Crying Baby "Step Back, STOP, and THINK"

If you have made all the obvious checks (hunger, change, thirst) and your baby just won't stop crying, try:

Another FEED - your baby may still be hungry.



Sing or talk to your baby

Take your baby for a walk in the fresh air



Rock your baby close to your chest so the baby can feel the beat of your heart

Gently rub or massage your baby

Offer your baby a dummy (if you use one)



Wrap your baby in a small soft sheet so the baby feels secure and try to settle your baby in a safe and quiet place.