

Shaken Infant Syndrome happens when a person caring for a baby or young child becomes frustrated and shakes the baby forcefully. Even mild shaking can cause serious injury. Usually the damage that occurs cannot be seen. Severe injury is most common in very young children, but even four- and five-year-old children can be injured or killed.

Of all the children who are shaken, approximately:

$\frac{1}{3}$ die

$\frac{1}{3}$ are severely injured

$\frac{1}{3}$ recover, with health, development, or learning problems in the future

Shaken Infant Syndrome can cause:

Death

Dislocated joints

Brain damage

Blindness or other eye trauma

Spinal injury or paralysis

Mental retardation

Seizures

Delay in normal development

Broken bones

Studies show that babies are shaken when a caregiver becomes frustrated by the baby's crying. Here are some ideas on how to handle frustration with a crying baby.

To calm the baby:

See if the baby is hungry or needs a diaper change

See if the baby is ill—call the doctor if necessary

Take the baby for a walk in a stroller or a ride in a car

Walk with the baby held upright against your shoulder

Help the baby suck a pacifier or thumb

Gently rock the baby in your arms

Talk softly or sing to the baby

Play soothing music

Wrap your baby in a blanket, or place in a cloth carrier,
so the baby is close to your chest—this closeness
can be very comforting to babies