

My baby keeps  
on crying...  
I just want the  
crying to stop."



**Crying is a  
baby's way of  
communicating.**

**Hints to help a crying baby:**

Be patient and see what your baby needs. Try these ideas:

- stay calm
- pick up the baby
- check the baby's diaper
- feed the baby
- burp the baby
- offer the baby a pacifier or toy
- see if the baby is too hot or cold



**If these don't work try this:**

- take the baby to a quiet room
- hold the baby against your chest and walk or rock gently
- take the baby for a ride in a car or stroller
- put the baby in an infant swing

**If nothing works, call your Health  
Care Practitioner.**

Lay the baby down on its back in a crib. Go to another room. Then give yourself a short break.

- Breathe slowly and deeply
- Listen to music
- Read
- Exercise
- Call a friend or relative to talk
- Call for help



**Go back and check on the baby in  
5 or 10 minutes.**

**Shaken Baby Syndrome**

Shaking a baby or young child - even for a short time - can cause serious injuries such as:



- blindness
- mental retardation
- seizures
- cerebral palsy
- hearing loss
- paralysis
- broken bones
- speech or learning disabilities
- and even **death**

Babies and young children have large heads compared to the size of their bodies. When you shake a baby, it causes its head to snap back and forth. This can cause the blood vessels in the brain and eyes to rip and bleed and destroy brain cells. That is why shaking a baby or young child can lead to serious and often permanent damage. These head injuries are called Shaken Baby Syndrome. Violently shaking a baby will result in Shaken Baby Syndrome, a serious form of **child abuse**.

**REMEMBER**  
Never shake a baby or young child.

**For more information  
Pennsylvania Department  
of Health**

**1-877-PA HEALTH  
(1-877-724-3258)**



**REMEMBER**

*Sometimes babies cry no matter what you do.*

**If you think your baby has  
been shaken...**

Go to the closest hospital emergency room. Signs of injury that could be caused from shaking include:

- irregular, difficult, or stopped breathing
- extreme crankiness
- seizures or vomiting
- tremors or shakiness
- limp arms and legs
- no reaction to sounds or acts lifeless
- difficulty staying awake

**Stop-Calm Down-Get Help.**

**24 HOUR CRISIS HOTLINE**



**CALL**  
**1-800-4A CHILD**  
**(800-422-4453)**

*This 24 hour crisis hotline offers support, information, literature and referrals. Or, look in your phone book for the number of your county's crisis hotline.*

**Make good decisions in selecting the  
people who watch your child.**



**Share this pamphlet with all the  
people who watch your child.**

Please... Never Shake A Baby!

Sometimes people shake babies when they won't stop crying.