**SHAKEN BABY SYNDROME**

***What is Shaken Baby Syndrome?***

* SBS – is the medical term used to describe the violent shaking and result sustained from shaking.
* Shaking must be of such a force that an independent lay observe would recognize the act as dangerous.
* SBS – most often occurs when a child receives numerous rapid shakes: head impact is not necessary but does frequently occur.

***Shaking a baby or child can cause severe consequences such as:***

**\***Blindness **\***Brain Damage **\***Seizures

**\***Broken Bones **\***Paralysis **\***Death

***Statistics***

More than 50% of the victims of Shaken Baby Syndrome are male

The number one reason a baby is shaken is because it won’t stop crying.

50% of the offenders are natural parents.

17% are non-relative caregivers.

17% are the boyfriends of the mother

6% are step-parents

The average age of the offender is 22 years old with a range of 14-46.

80% of offenders have no previous history of child abuse.

Tossing in the air or bouncing on the knee should be avoided in children under the age of 2.

SBS = 10-12% of all deaths due to abuse and neglect in the U.S.

***Physiology:***

A baby’s brain and the blood vessels connecting the skull to the brain are fragile and immature. Therefor when a baby is shaken, the brain ricochets around the skull, causing the blood vessels to tear away and blood to pool inside the skull.

***Why parents or caregivers shake their babies?***

* A caregiver momentarily succumbs to the frustration of responding to a crying baby by shaking.
* SBS usually happens when the caregiver is angry and loses control.
* Caregivers may be inadequately prepared for parenting.
* They may be under stress and cannot deal with the frustrations of parenting.
* The caregiver personalizes the infants crying as inadequate care giving.

***What to do when the baby cries?***

* Check for the baby’s basic needs and make him comfortable.
* Try feeding or burping the baby.
* If you breast feed, avoid eating onions and beans, or drinking coffee, tea or soda pop.
* Check for signs of illness, such as fever or swollen gums. If signs are present, call your doctor based on the symptoms.
* CALL YOUR DOCTOR if you think the baby is sick.
* Sooth the baby by lightly rubbing his back.
* Swaddle the baby, rock or walk him gently.
* Offer a pacifier.
* Lower any surrounding noise and lights.
* Offer the baby a noisy toy; shake or rattle it.
* Put the baby in a soft front carrier close to your body and breathe slowly and calmly; the baby may feel your calmness and become quiet.
* Lay the baby, tummy down, across your lap and gently rub or pat his back.
* Massage the baby’s body and limbs gently or make tickly soft circles on his face.
* Rock, Walk, or Dance with the baby.
* Sing or talk the baby using a soft soothing tone.
* Take the baby for a ride in the car or for a walk in the stroller.
* Record the sound of a vacuum cleaner or hair dryer and play it for your baby.
* Call a friend or a relative that you trust to take over for a while then get away and take care of yourself.
* If you start to feel angry and frustrated, put the baby in a crib or playpen, close the door and go to another room. Check the baby every ten minutes. Give yourself a break.
* Count to 10, calm down, if that doesn’t work count again.
* Remember – you are the adult.

***What Damage Can SBS Cause?***

SBS was first described as a syndrome in 1974, can be lethal. Approximately one shaken baby in four dies from the injuries. If the baby survives. . .. . . . . it is 99% the baby will suffer or sustain at least one of the following:

Blindness Brain Damage Mental Retardation

Paralysis Seizure Disorder Speech/Learning Disabilities

Dislocation Neck/Back Injuries

***What are the symptoms of Shaken Baby Syndrome?***

**\***Head turned to one side **\***Semi Consciousness

**\***Unable to lift or turn head **\***Decreased muscle tone

**\***Pinpointed, dilated, or unequal size pupils **\***Difficulty in breathing

\*Blood pooling in eyes and detached **\***Seizure or spasms

retinal damage. (This is not visible **\***Swollen head, which may appear later

to the eye but is a medical diagnostic tool) **\***Poor feeding/eating

**\***Pupils unresponsive to light **\***Irritability

\*Bulging or spongy forehead **\***Vomiting

**\***No smiling or vocalization **\***Lethargy

**\***Poor sucking or swallowing **\***Coma

**\***Rigidity **\***Pale or blush skin

***Remember***

Shaking a baby in a moment of frustration changes your life forever. In the State of Texas, injury to a child can be prosecutable as a capital offense and perpetrators are subject to the death penalty.

**SUDDEN INFANT DEATH SYNDROME**

SIDs is the sudden death of an infant under one year of age which cannot be explained after all avenues of cause of death have been pursued. This includes:

* A complete Autopsy
* Examination of the death scene
* Review the clinical history
* Diagnoses of exclusion assigned only once all known and possible causes of death have been ruled out.

***Sudden Infant Death Syndrome Statistics***

SIDs claims the lives of 2,500 infants in the U.S. each year. That is nearly 7 babies per day.

SIDs is not caused by baby shots.

SIDs death occur unexpectedly and quickly to apparently healthy infants, usually during periods of sleep.

SIDs is not caused by suffocation, choking or smothering

SIDs is not caused by child abuse or neglect

SIDs is not contagious

SIDs occur in families of all races and socioeconomic levels.

SIDs cannot be predicted or prevented and can claim any baby, in spite of parents doing everything right.

***Sudden Infant Death Syndrome***

Babies with mothers that smoke during pregnancy have a 3Xs greater risk of SIDs. Babies who breath secondhand smoke have a 2.5Xs greater risk of SIDs.

Babies who sleep in bed with an adult have a 40xs greater risk of SIDs

African American babies have a 2xs greater risk of SIDs.

Babies who sleep on their tummies on top of soft bedding have a 21xs greater risk of SIDs

A Scottish study showed that 87% of SIDs deaths occurred in unsafe sleep environments, only

13% were found in a crib or basement.

Studies show that infants that received breastmilk for any duration, the likelihood of SIDs is 60% lower.

Accidental Suffocation or Strangulation in Bed (ASSB) claims the lives of 665 infants per year.

***SIDs Risk Reduction***

Create a healthy lifestyle for you and your baby.

* When pregnant, see your doctor often and do not use drugs or alcohol. Talk with your doctor about changes in your body and how your baby acts.

If possible, breast feed your baby.

* Breast feeding has been shown to reduce the risk of SIDs.

Offer your baby a pacifier at all sleep times.

* Pacifiers have been shown to reduce the risk of SIDs.

Put your baby of his/her tummy to play when you and baby are awake and supervised.

* Make sure someone is always watching. “Tummy Time” is good for your baby because it makes neck and shoulder muscles stronger.

Don’t share sleep surfaces.

* Adult beds, couches, and chairs are not safe for infant sleep and increase the risk of SIDs, suffocation and accidental infant death. After breast feeding, put your baby back on his/her crib.

**Shaken Baby Syndrome**

**&**

**Sudden Infant**

**Death Syndrome**

**Shaken Baby Syndrome and Sudden Infant Death Syndrome Quiz**

1. What is Shaken Baby Syndrome?

2. Shaking a baby can result in six consequences of SBS. List all 6 consequences:

3. List at least 5 statistics of SBS.

4. Describe the physiological aspect of SBS.

5. List at least 2 reasons why caregivers or parents shake their baby.

6. List at least 5 symptoms of SBS.

7. What is SIDs?

8. What are the 8 statistics of SIDs?

9. What things can you do to reduce the risk of SIDs.

10. Describe the abbreviation ASSB and how it relates to SIDs?

**True/False**

11. The number one reason a baby is shaken is because it won’t stop crying.

12. When a baby is shaken, the brain ricochets around the skull, causing the blood vessels to tear away and blood to pool inside the skull.

13. SBS *only* happens when the caregiver is angry and loses control.

14. In the State of Texas, injury to a child can be prosecutable as a capital offense and perpetrators are subject to the death penalty.

15. The acronym SIDs stands for: Sudden Infant Death Statistics.

16. SIDs occur only in families who are in the lower socioeconomic levels.