

Shaking can also put toddlers' lives at risk!

Make sure you tell everyone who cares for or looks after your child:

Shaking babies and young children is dangerous!

Don't worry about playing with your child

The injuries that can be caused by shaking vary greatly and depend on how strongly or exactly how the child is shaken. But one thing is certain: rocking a child gently in play or being a little clumsy with the child will not result in the injuries and consequences described above.

Information and advice

- › Help online at www.bke-elternberatung.de
- › Counselling centres for families and carers at www.bke.de
- › Helpline: **0800 - 111 05 50** (hotline for parents) (Monday to Friday from 9 a.m. to 11 p.m./ Tuesday + Thursday 5 p.m. to 7 p.m.) www.nummergegenkummer.de
- › STÄRKE, the state-wide programme at www.sozialministerium-bw.de
- › Children's check-ups at your paediatrician's
- › Practical help following childbirth at www.welcome-online.de
- › Family midwives and further help from your local youth welfare office (Jugendamt)
- › www.schuetteln-ist-lebensgefaehrlich.de
- › Local family planning centres

Publisher

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In cooperation with the Hannover Medical School's "shaken baby syndrome" project



Shaking is dangerous!
Don't shake babies!





Dear Parents,



The first few months with your new baby are a very special time in your life, filled with lots of happy moments but also some great challenges. Even the best parents are pushed to their limits at times. If you feel that you can no longer cope, you'll find help and support from paediatricians, midwives, health and youth welfare departments or in your local community. Please do accept this help – for your own sake and for that of your child.

I wish you and your child all the very best!

Yours truly,

Katrin Altpeter MdL,
Minister for Labour and Social Affairs, Families, Women
and Senior Citizens in Baden-Württemberg

My baby just won't stop crying

When your baby cries, there's always a reason, even if you don't know why immediately.

Healthy babies cry when

- › they're hungry,
- › they're tired,
- › their nappy is full,
- › they want to hear your voice or
- › need physical contact.

Healthy infants cry on average for two to three hours a day – but sometimes also for much longer. In exceptional circumstances, they may even cry all day with just short pauses. This may well be normal and not caused by illness.

Pay attention to any changes in their crying. Get in touch with your paediatrician, midwife or health visitor if your baby

- › cries louder and for longer than usual,
- › seems ill or
- › cries in such a way that it makes you anxious.

What you can also do

- › Gently cradle or rock your baby in your arms
- › Hold it and walk around slowly
- › Talk or sing to it quietly
- › Gently stroke or massage your baby on its tummy or back
- › Take turns with someone else to look after it

Do you no longer know how to cope?

Have you tried everything? Is your baby still crying? Do you feel that you're getting tired and losing patience?

Even if your baby keeps on crying without stopping and even if it's wearing you out and getting on your nerves:

Shaking can be life-threatening!

Try to get some distance, for example by leaving the room for a little while and/or by phoning someone you trust.

You can also obtain advice and help from the points of contact listed overleaf.

Shaking can be life-threatening!

If you shake a baby, its head will bang to and fro unprotected. A young child's brain is very easily damaged. Even sudden movements can be dangerous if the child's head is unsupported. Shaking can cause blood vessels in the brain to burst. The resulting bleeding can lead to permanent brain damage, including severe

- › developmental disorders with impaired sight, hearing or speech,
- › physical and mental disabilities,
- › behavioural problems and
- › convulsions,

and can even cause death!