

A Life in Your Hands: Preventing SBS - Controlling Your Emotions

"You're alright. You're fine. Please stop. Michael, come here. What's wrong? Stop that right now, Okay? Stop that! Stop it!!"

"Seventy five percent of the people who do this are parents, and sixty percent of those are fathers and father figures. As a father who experienced that anger first hand, I can understand how dads react to infant crying and how easy it might be to lose your temper. But as a dad speaking to other dads, you need to understand that you need to put the baby down, you need to walk away, and you need to get control over your emotions and your anger before you pick that baby up again."

"I tell people that I have three daughters: two on Earth and one in Heaven. Cynthia was born on March 14th, born happy, healthy, and safe. Immediately my heart overflowed with joy. Cynthia was placed in the care of a NY State certified child care provider who we had known for many, many years. Some would say that she was the best friend of Cynthia's mother. At eight months of age, on November 17th, 2000, Cynthia was violently shaken and would suffer massive brain damage. Cynthia was rushed to a hospital by her mother and brought into the ER. They tried everything medically possible but no more could be done, so she was pronounced dead at 6:59 pm that day. We didn't know. I mean, this was again a classic case. There were no outward signs of any injuries or abrasions, no anything."

"Babies who have been shaken may not survive. For those who do survive, they may face a lifetime of medical problems. They may never realize their full potential as a human being. Family life can be forever changed. There may be loss of a job, divorce, separation from family, and jail time."

"Something just spiraled out of control on that Friday. The caregiver had called 911. We could hear Dawson crying, and parents know their child's cry."

"She shook me, and umm, my head was bleeding inside me."

"When the doctor says, 'We need to have surgery', we were kind of like, 'Well you go do what you need to do'. But he said, 'Somebody did this to your son'. And he said, 'You need to go find out about Shaken Baby Syndrome because this is really serious, and this is going to turn your lives upside down'."

"Having a baby changes your life. And taking care of that baby is a full-time job, and a lifetime responsibility. And even the most patient, experienced parents can sometimes get tired or frustrated, or have a bad day. So that's why it's important for all parents to have a plan to help them sooth their crying infant and to help calm themselves if they feel like they may be out of control. All babies cry, it's what they do, it's how they communicate. And some babies cry a lot in the first four months of life. And some are very difficult to console."