

# Shaken Baby Syndrome

Never shake your baby.

Shaking, hitting, or jerking a baby can cause: Blindness; Hearing loss; Permanent brain damage; And even death. These injuries are all forms of abusive head trauma. And they can happen accidentally in moments of frustration or anger. If you feel upset or frustrated when your baby cries, it's okay to put your baby down in a safe place, like a crib, and take a break.

Leaving your baby alone for a few minutes is a safe option if you need time to calm down. Serious head injuries can happen quickly. Remember that shaking, hitting, or jerking a baby never solves the problem.