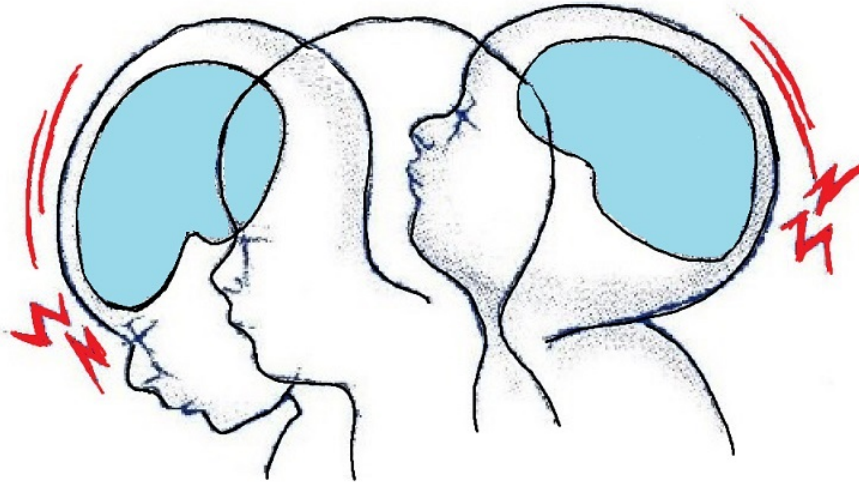


Shaken Baby Syndrome (SBS) Fact Sheet



Shaken Baby Syndrome (also known as Shaken Impact Syndrome) is a type of inflicted traumatic brain injury that happens when a baby is violently shaken. It is a serious form of child abuse inflicted upon a child (Rufa & Varghese, 2015; NINDS, 2022). It usually occurs when a parent or other caregiver shakes the baby out of anger or frustration, often because the baby will not stop crying. However, a baby has weak neck muscles and a large, heavy head. Therefore, violent shaking makes the fragile brain bounce back and forth inside the skull and causes bruising, swelling, and bleeding, which can lead to permanent, severe brain damage or death.

Tips for Preventing SBS:

- Take a deep breath and count to 10
- Take time out and let the baby cry alone
- Call someone for emotional support
- Never leave a baby with a caregiver, friend or family member in whom there is not complete trust
- Call a pediatrician – there may be a medical reason why the baby is crying
- Always check references carefully before entrusting a baby to a caregiver or daycare center
- When baby won't stop crying, try putting baby in a cot or play pen.
- Take baby out for a walk or ride in the car
- Seek medical attention

Do you know?

20% of shaken babies die from SBS.

80% of shaken babies may suffer from long-term effects like:

- Brain damage
- Blindness
- Hearing loss
- Spinal injury/paralysis
- Speech/learning impairment

Symptoms

- Breathing difficulty
- Poor feeding
- Vomiting
- Pale skin
- Extreme irritability
- No longer smiles
- Can't hold head up
- Convulsions