

# Shaken Baby Syndrome

Caring for Your New Baby

## Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

**(888) 275-8750**

Español:

**(866) 648-3537**

TTY/TDD:

**711**

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.



[MolinaHealthcare.com](http://MolinaHealthcare.com)



Your Extended Family



Your Extended Family



## How can this happen?

Parents or caregivers can lose control when trying to quiet a crying baby. Other things found to increase the risk of shaking a baby are:

- Being tired
- Having limited coping skills
- Having limited social support
- Young parental age
- Unstable family environment

## How can I protect my baby?

Get enough rest. Ask friends and family to help you care for your baby. Remember that crying is normal for babies. Make sure you and your baby's caregivers follow these simple rules:

1. Give yourselves a break, if you need it. Put your baby in a safe place, like a crib, and go relax.
2. Never shake your baby in play or in anger.
3. Never hold your baby during an argument.

Shaken Baby Syndrome occurs when someone **violently shakes** a baby.

Shaking a baby can cause **brain and head injury or death.**

Harm can occur in as few as **five seconds.**

**One in four** shaken babies die.

