



Keeping Baby Safe



Shaken Baby Syndrome

What is Shaken Baby Syndrome?

- Shaken Baby Syndrome occurs when a baby is shaken hard with force, usually in a moment of anger.
- This shaking can damage a baby's brain, cause blindness, paralysis, mental retardation, and seizures.
- Never shake, hit or throw a child at any age.
- Do not shake your baby if they are choking as this may make them worse.
- Only leave your baby with caregivers who you can trust to control their anger.
- A baby's constant crying can be stressful, and a dangerous trigger for caregivers to harm babies.



Try suggestions to deal with infant crying on this website or the Canadian Paediatric Society website at <http://www.caringforkids.cps.ca/pregnancy&babies/sbs.htm> or Peel Health website at www.parentinginpeel.ca.



Click below for more information on Shaken Baby Syndrome and comforting techniques from Best Start:

- Shaken Baby Syndrome - [English](#)
- Shaken Baby Syndrome - [Urdu](#)
- Shaken Baby Syndrome - [Punjabi](#)