



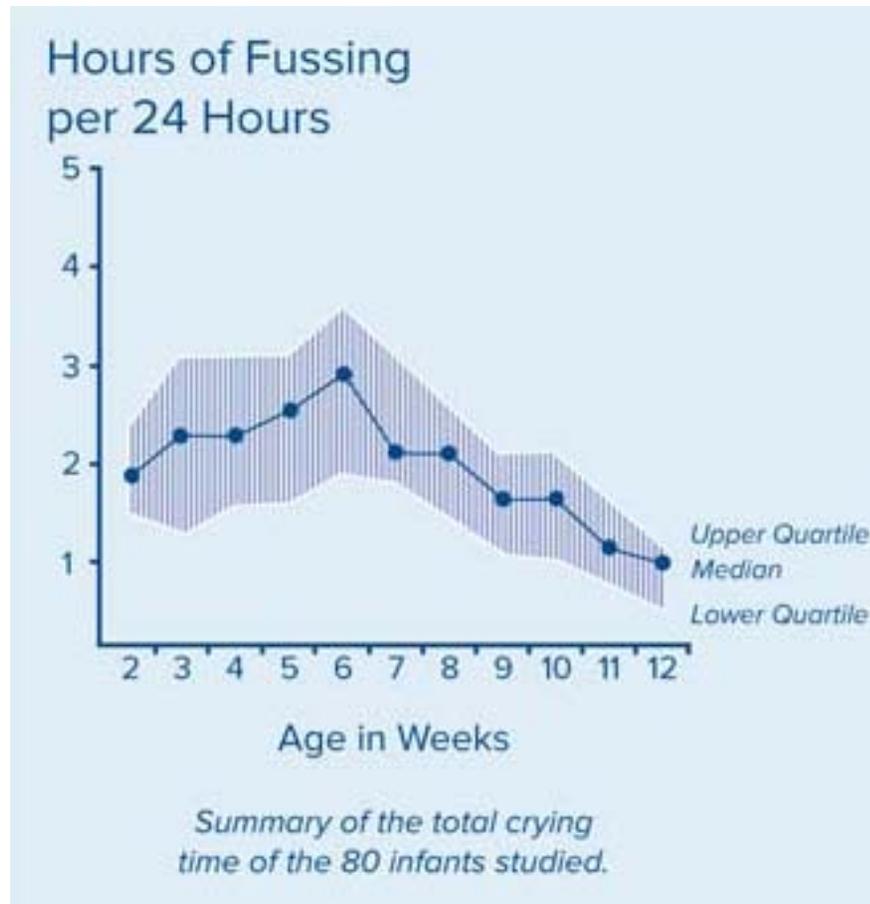
Abusive Head Trauma/Shaken Baby
Syndrome is 100% Preventable

Crying is the #1 Trigger



Situations That Trigger Abusive Events

- The most commonly described and well-documented trigger is infant crying.
- Confluence of peak of crying and peak incidence of abusive head trauma makes crying a likely cause.
- Environmental or provider stressors, violence, psychopathology, or deficient parenting skills can be additional factors.
- Behaviors that trigger child abuse in toddlers include temperament, behavior, and toileting.



Babies less than 1 year of age (with the highest risk period at 2 to 4 months) are at greatest risk for SBS because they cry longer and more frequently, and are easier to shake than older and larger children.

Infant Crying and Abuse Parental Self Report Study

- Of the parents of 6-month-old infants, 5.60% report to have shaken their infant to stop their crying or to have undertaken similar detrimental actions like smothering or slapping
- 3.35% of the parents of 6-month-old infants report to have shaken their baby at least once to stop their crying.
- For parents of 1-month-old infants, this percentage is 1.10%.
- **Parental self report likely under-represents the true incidence.**

Prevalence

- **Abusive head trauma (AHT) is the most lethal form of child abuse. Twenty percent of babies die and 80% of survivors are left with some degree of permanent brain damage. Approximately 1400 cases of AHT are seen in US hospitals each year and the actual number of shaken babies may be 100-150 times higher (Theodore A, et al, Epidemiological features of the physical and sexual maltreatment of children in Carolinas, Peds 2005;115: 331-7).**
- **SBS is most prevalent in the youngest of babies. The mean age of attacked babies is 3.5 months and the most common trigger of SBS is infant crying. According to another report, the incidence of this type of abuse almost doubled from 2004-7 to 2007-9 (2010 PAS conference).**

Incidence of AHT vs. Childhood Cancer

- Incidence: 17.9 / 100,000 Child Cancer Diagnosis
- Incidence: 9.2 / 1000 Child Victims of Abuse/Neglect
- Incidence: children younger than 1 year had an AHT rate of 24 -32 /100,000.

Cases of Severe Physical Abuse

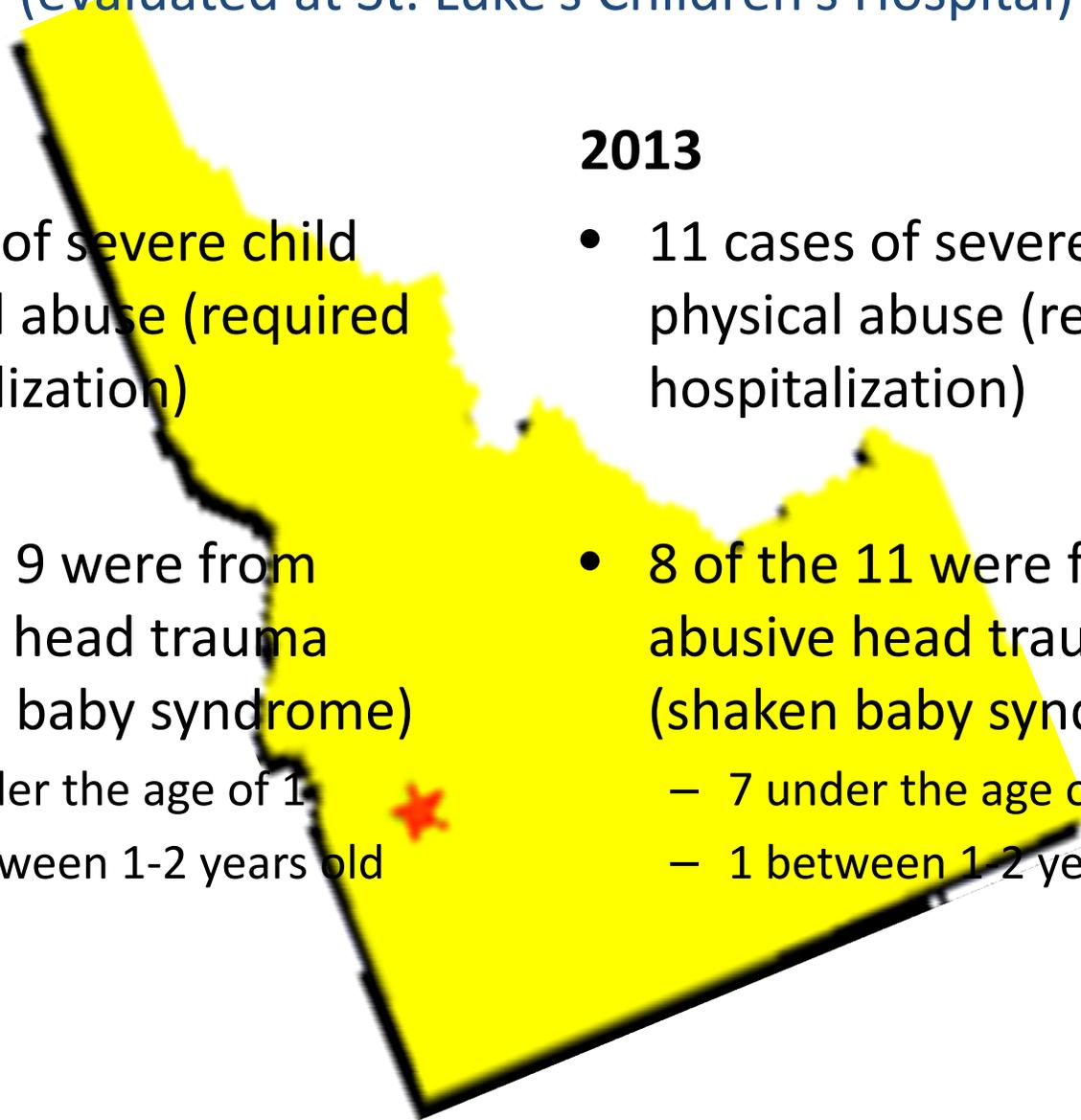
(evaluated at St. Luke's Children's Hospital)

2012

- 9 cases of severe child physical abuse (required hospitalization)
- 5 of the 9 were from abusive head trauma (shaken baby syndrome)
 - 3 under the age of 1
 - 2 between 1-2 years old

2013

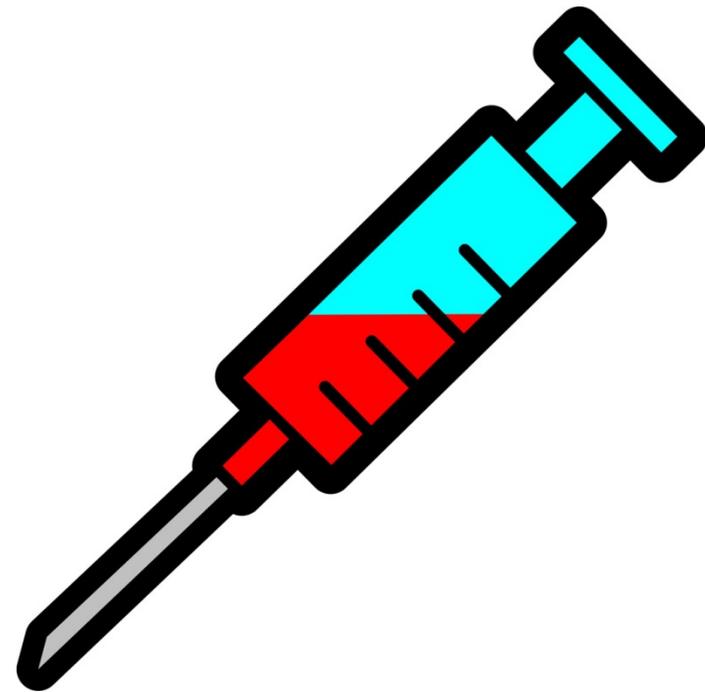
- 11 cases of severe child physical abuse (required hospitalization)
- 8 of the 11 were from abusive head trauma (shaken baby syndrome)
 - 7 under the age of 1
 - 1 between 1-2 years old



Research Base

Dias Study

Dr. Mark Dias conceived that a shaken baby syndrome education campaign could act as a “vaccine” to “inoculate” parents with information and protect infants from acquiring shaking injuries during the first years of life, when they are most susceptible. Given that the average age at which infants incur inflicted head injuries ranges from five to nine months, the goal that parents retain the program information for at least the first year of each child’s life seemed both effective and attainable (Dias & Barthauer, 2001).



Components

Program materials were to be **distributed by obstetrical and neonatology nurses** to all new parents during their postpartum stay in hospital. All mothers and as many fathers as possible would be presented with an **information pamphlet** published by the American Academy of Pediatrics (*“Prevent Shaken Baby Syndrome”*, 1995). It provides suggestions for **coping with infant crying, describes the dangers of shaking an infant**, and urges parents to seek immediate medical attention if they suspect that their child has been shaken. In addition, parents were to watch an 11-minute video (*“Portrait of a Promise: Preventing Shaken Baby Syndrome”*, Midwest Children's Resource Center; St. Paul, MN). The video discusses the dangers of violent infant shaking, describes the mechanism of shearing brain injury, and portrays the stories of three infant victims of shaken baby syndrome. Lastly, parents would be asked to **voluntarily sign a commitment statement** to verify that they received the program information. All materials were to be made **available in both English and Spanish** (Dias et al., 2002).

Next Steps – Crying Plan

Babies Cry. → This is My Crying Plan! (Share it with anyone who cares for your baby)

My Baby's Name Is:

1 **First, check my baby's physical needs.**

- Is she hungry?
- Does he need to burp?
- Is her diaper dirty or wet?
- Is he too hot or too cold?
- Are there any signs of sickness? (vomiting or fever) Seek medical care immediately, if there are concerns.

2 I have checked the **Calming Techniques** that work best for my baby. (Please mark your choices.)

- Swaddling
- Use of "white noise"
- Gently swing or rock her
- Take him for a stroller ride
- Place her in a car seat and go for a car ride
- Breast feeding and/or skin to skin holding
- Other

Sometimes when nothing else works, my baby really **squeals**. (Please complete with your best solutions.)

3 **To calm yourself try:**

- Going outside for fresh air
- Taking several deep breaths
- Counting to 100
- Washing your face or taking a shower
- Exercise. Do sit ups or walk up and down stairs a few times

4 Also try using some of the following **Coping Techniques:**

- Put the baby down in a safe place like a crib, and check back when I am feeling calm
- Call a friend or neighbor
- Call the doctor if crying lasts over 3 hours
- Other

I will call the following people, if I need help. The first name on my list is my friend or neighbor. (Please list the first name and phone number.)

I commit to keeping my baby safe.

Signature: _____
Date: _____

Signature: _____
Date: _____

TAKE A BREAK. NEVER SHAKE!



Babies Cry. Have a Plan!

Crying Baby Plan.org

www.cryingbabyplan.org



WHAT CAN PARENTS DO?

Checking Your Baby's Basic Needs

- Is it time to eat?
- Does he/she need to burp after eating?
- Is it time for a diaper change?
- Is he/she too hot? ...overdressed? Too cold? ...underdressed?
- Are there any signs your baby is sick? (fever, vomiting) Seek medical care if you have any concerns about your baby's health.



CHOOSE YOUR BABY'S CAREGIVERS WISELY

Before leaving your baby with anyone, ask yourself these questions:

- Does this person want to watch my baby?
- Have I had a chance to watch this person with my baby before I leave?
- Is the person good with babies?
- Has this person been a good caregiver to other babies?
- Will my baby be in a safe place with this person?
- Have I gone over my CRYING PLAN with this person?



TAKE A BREAK. NEVER SHAKE!

WHAT HAPPENS WHEN YOU SHAKE A BABY?

Sometimes, people get so frustrated they will shake a crying baby.

It is important to understand, **NO ONE PLANS TO DO IT!** It just happens. But shaking a baby, even for a second, can cause serious injury or even death.

Shaken Baby Syndrome/Abusive Head Trauma is a serious type of brain injury that can occur when an infant or toddler is violently shaken, usually in response to crying that will not stop. Babies' neck muscles aren't strong and don't provide much support for their large heads. Visit www.prematurebabysafety.org for more information.

Shaking a baby—or any other type of violent behavior—is a serious form of child abuse with serious consequences for the adult, too.

For information about crying babies call: [800-424-2288](tel:800-424-2288) 2-1-1 or search 211.hello.gov



How does Giraffe Laugh use the crying plan?



- A
N
E
X
A
M
P
L
E**
- When touring the facility for an infant spot, they talk briefly about the crying plan.
 - Upon enrollment, they have an extended conversation about the crying plan and why it is so important.
 - They provide two crying plan documents.
 - They provide an additional form called “Help us know your baby”.
 - Teachers and parents have the opportunity to talk about the crying plan.

**April is Child Abuse
Prevention Month**

**Various events statewide
Including**

- **Child sexual abuse
prevention trainings**
- **Pinwheel Walks**
- **Rallies-April 8th**
- **Wear Blue Day-April
10th**
- **Planting pinwheel
gardens or displays**
- **A film festival**



**Pinwheels for
PREVENTION®**



**Prevent Child Abuse
Idaho**