

Getting help

- Friends and family members
- Your Midwife.
- Your GP / doctor
- Phone lines available 24/7:

Healthline
0800 611 116

Lifeline
09 5222 999 (within Auckland)
0800 543 354

PlunketLine
0800 933 922

Youthline
0800 37 6633
Free TXT 243

Other possible contacts:

Barnardos
0800 4 PARENT (0800 4 727 368)
Monday to Friday 9am-5pm

Child Youth and Family
0508 FAMILY (0508 326 549)

Shine*
(Previously Preventing Violence in the Home)
0508 DV HELP (0508 384 357)
Monday to Friday 07.30am-11pm

One shake is
all it takes for
consequences
to last a
lifetime



Never, Ever, Shake A Baby

How to Prevent Shaken Baby Syndrome

kia u ki te tika me te pono
integrity, respect, innovation, effectiveness





Shaking a baby can cause:

- Permanent brain damage
- Paralysis
- Blindness
- Deafness
- Seizures (fits)
- Broken bones
- Delays of normal development
- DEATH

How to prevent Shaken Baby Syndrome

NEVER, EVER Shake a Baby!

- It is never ever okay to shake a baby. Make sure that all the people who care for your baby know this.
- Never leave your baby alone with someone who you think might be violent.
- Have a plan of what YOU will do if your baby keeps crying and you become upset or angry. There are things you can do and people who can help you.
- Remember crying is one of the few ways babies have to communicate.

Crying does not mean baby is naughty.

See "Coping with a crying baby" leaflet.

You can get more information from:

www.kidshealth.org.nz (preventing Shaken Baby Syndrome)

If you think you might lose control

- DO NOT pick up baby!
- If you are holding baby, put him/her down, Make sure baby is safe. Leave the room.
- Sit down, Try doing something that usually relaxes you. Take a bath or shower
- Call a friend or family, Talk to your neighbour
- Check baby often, but DO NOT pick baby up until you are calm.
- Read the "Coping with a Crying Baby" brochure.
- Call your Midwife, GP or one of the crisis numbers listed in this brochure.

What is Shaken Baby Syndrome?

Shaken baby Syndrome, or SBS, is the name given to the serious injuries that can occur when a baby is shaken.

It is the single most preventable cause of serious head injury in babies under one year of age in New Zealand.

It is 100% PREVENTABLE

The number one reason given for shaking a baby is "I just wanted the baby to stop crying".

Shaking often occurs when parents, grandparents, babysitters or other caregivers become frustrated and lose control when they are not able to calm a crying baby.

**IF YOUR BABY
HAS BEEN
SHAKEN DO NOT LET
FEAR OR PRIDE STOP
YOU FROM SEEKING
MEDICAL HELP
IMMEDIATELY**