

Shaken Baby Syndrome before one year of age



Never shake a baby !



Shaking a baby can be very dangerous to their health: it can cause serious brain damage, disability and even death. This is something that can happen to anyone.

Angry or tired

When your baby cries, check to make sure that they are comfortable (see the brochure on "Crying"). You might experience prolonged crying or excessive screaming that is difficult to make sense of or understand. A crying baby can be stressful for parents who are afraid of perhaps overlooking something serious. Healthy babies can cry for up to 2-3 hours a day and wake up often at night.



Important

Shaking a baby in a moment of anger or exhaustion is a violent gesture that can have very serious repercussions for your baby's health.

If the crying persists and you feel worried, anxious, tired or at your wits' end:

- Make sure your baby is comfortable in their bed
- Leave the room
- Call someone you trust (family, neighbours, friends, etc.)
- Call the midwife, the early childhood nurse, the paediatrician, or take your child to hospital

The discomfort and spasms that come from intense crying can be very distressing to watch.

Hold your baby in an upright position to reassure them. In an emergency, call 144.



Programme cantonal de promotion de la santé et
de prévention primaire enfants (0-4 ans) - parents



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