Shaken Baby Syndrome
A Preventable Form of Child Abuse
Shaken Baby Syndrome: A Preventable Form of Child Abuse

The Facts about SBS

- A form of child abuse
- The result of forceful, violent shaking
- A unique, identifiable combination of injuries
- The leading non-accidental cause of death in children under the age of 2
- Estimated at 1,400 to 1,600 cases per year in the U.S.
- The cause of 350 to 400 deaths each year in the U.S.
- Often ruled as homicide if the child dies
- Misdiagnosed the first time in 33% of cases

The Shaking

The Symptoms

- Symptoms of a severe shaking
  - Unconsciousness
  - Unresponsive
  - Convulsions
  - Seizures
  - Paralysis
  - Inability to make sounds
  - Inability to track movement visually
  - Difficulty breathing
  - Lethargy
  - Bluish, pale skin
  - Vomiting

- Symptoms of less severe shaking
  - Lethargy
  - Change in sleep patterns
  - Change in feeding patterns
  - Confusion/agitation
  - Inconsolability
  - Slurred speech
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The Symptoms

- Other physical signs
  - Rib fractures
  - Fractures to arm or leg bones
  - External wounds or bruises to the head

The Consequences

- Death
- Blindness
- Deafness
- Behavioral disorders
- Paralysis
- Seizure disorders
- Learning and developmental disabilities
- Mental retardation
- Dyslexia

The Costs of SBS

- Initial hospitalization costs
- Ongoing treatment and in-home nursing
- Lifetime costs
- Increased public education costs

Risk Factors—The Shaker

- Most (48%) are the father or male partner of the mother
- 17% are female child care providers
- 13% are mothers
- 12% are other relatives
- Other risk factors
  - Age
  - Drug and/or alcohol use
  - Mental illness
  - Lack of self-control
  - Inexperience with babies
  - High stress
Risk Factors—The Shaken Child
- Most are under 12 months old
- Born prematurely
- Have special needs
- Are difficult to soothe
- 60% are male
- Are one of a multiple birth
- In the care of an inexperienced caregiver
- In the care of a caregiver who is caring for too many children

The Facts about Crying
- Crying is a normal part of behavioral development
- Babies cry to communicate
- The amount of crying changes over time
- The amount of crying varies among normally-developing babies

PURPLE™
- P = PEAK
- U = UNPREDICTABLE
- R = RESISTANT
- P = PAIN
- L = LENGTHY
- E = EVENING

The Crying Plan
- Step 1: Check the basic needs
- Step 2: Attempt to soothe the baby
- Step 3: Practice anger management
- Step 4: Never shake a baby for any reason
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The A.N.G.E.R. Workout

A = Accept
N = Name
G = Get It Out
E = Energize
R = Return

It’s a baby’s job to cry.
It is your job to cope with this crying.

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