

**DOCUMENTATION BY NURSING TO ENSURE COMPLIANCE, SUSTAINABILITY AND SUCCESSFUL
DECREASE IN THE INCIDENCE OF SHAKEN BABY SYNDROME**

Nurses in the Intermediate Care Nursery and Newborn Intensive Care Unit demonstrated compliance with **documentation** of the following leading to the successful decrease in the incidence of Shaken Baby Syndrome:

- 1). Handout "Understanding Shaken Baby Syndrome" given and REVIEWED with all parents prior to infant being discharged home.
- 2). Parents viewed "When Babies Cry" DVD prior to infant being discharged home.
- 3). Parents given demonstration by the nurse shaking the Shaken Baby simulation doll. Parents also have hands on experience shaking the SBS simulation doll themselves.
- 4). Parents given "While We're Out" baby sitter notes and explained by the nurse.
- 5). Consent for follow-up phone call reviewed by the nurse and they document parent either signed or refused. (UNMH ICN and NBICU did this for research purposes).

UNDERSTANDING SHAKEN BABY SYNDROME

Shaken baby syndrome (SBS) is a form of child abuse. It is NEVER okay to shake a young child. You can badly hurt or even kill your child. You can learn ways to cope with a crying baby. You can also share what you've learned with everyone who cares for the baby. Knowing the danger and sharing ways to cope can prevent SBS.

EVERY YEAR 1,200 TO 1,400 BABIES IN THE US ARE HURT BY SHAKING.

1 out of 4
victims of SBS die



The rest may have life long brain injury, including

- Permanent brain damage
- Paralysis
- Deafness
- Learning disabilities
- Developmental delays
- Cerebral palsy
- Blindness
- Seizures/Epilepsy
- Behavioral disorders
- Permanent vegetative state



A PERSON USUALLY SHAKES A BABY BECAUSE THEY GET STRESSED OR FRUSTRATED WHEN THE BABY IS CRYING AND WON'T CALM DOWN.

WHAT TO DO WITH A CRYING BABY

20 Tips From the National Center on Shaken Baby Syndrome

Remember, nothing works all the time. And that's OK. There are many other things you can try. Crying does NOT mean there's anything wrong, with you or your baby!

It's normal to sometimes feel frustrated. If you get frustrated, it's okay to put your baby down in a safe place, like their crib. You can walk away for a few minutes, take some deep breaths to calm yourself down or call a friend if you need to. It's OK. Your baby is safe in the crib. Be sure to check on your baby every 5-10 minutes.

Try something simple

1. Feed your baby.

Hunger is often the main reason babies cry

2. Burp your baby. Gas can be very painful.

3. Check your baby's diaper. Does it need changing?

4. Give your baby something to suck on, like your finger. (Once in a while, you can give your baby a binky.)

5. Look your baby in the eye and smile.

6. Kiss your baby

7. Lightly kiss the bottom of your baby's feet.

Comfort your baby

8. Wrap your baby snugly in a light blanket.

(This is called swaddling.)

9. Give your baby a lukewarm bath. Stay with your baby the whole time.

10. Massage your baby gently on the back, arms, or legs.

11. Sing softly. People all over the world sing lullabies to crying babies.

12. Calm your baby with soft words like "it's OK." (This can help comfort both you and your baby.)

13. Hum in a low tone against your baby's head.

Distract your baby

14. Run a vacuum cleaner or dishwasher to make "white noise." This may take your baby's mind off crying.

15. Take your baby for a ride in the car. (Make sure baby is in a rear-facing car seat in the back seat.)

16. Rock with your baby in a rocking chair. This may relax you both.

17. Push your baby in a stroller.

18. Put your baby in a baby swing for a slow, rocking motion.

19. Place your baby underneath a lighted mobile.

20. Dance slowly while holding your baby... and relax!

WHILE WE'RE OUT...

The _____ Family Babysitter Notes

We will be at _____

Cell # _____

We should be home around _____

In case of emergency

Address _____

If you can't reach us, call _____ at _____

Remember

- _____
- _____
- _____
- _____

House Rules

- _____
- _____
- _____
- _____

WHAT TO DO WITH A CRYING BABY

Remember, nothing works all the time. And that's OK. There are many other things you can try. Crying does NOT mean there's anything wrong, with you or the baby!

It's normal to sometimes feel frustrated. If you get frustrated, it's okay to put the baby down in a safe place, like their crib. You can walk away for a few minutes, take some deep breaths to calm yourself down or call a friend if you need to. It's OK. The baby is safe in the crib. Be sure to check on the baby every 5-10 minutes.

Try something simple

- 1 Feed the baby. Hunger is often the main reason babies cry.
- 2 Burp the baby. Gas can be very painful.
- 3 Check the baby's diaper. Does it need changing?
- 4 Give the baby something to suck on, like a binky.
- 5 Look the baby in the eye and smile.

Comfort the baby

- 6 Wrap the baby snugly in a light blanket (This is called swaddling).
- 7 Give the baby a lukewarm bath. Stay with the baby the whole time.
- 8 Massage the baby gently on the back, arms or legs.
- 9 Sing softly. People all over the world sing lullabies to crying babies.
- 10 Calm the baby with soft words like "it's OK" (This can help comfort both you and the baby).
- 11 Hum in a low tone against the baby's head.

Distract your baby

- 12 Run a vacuum cleaner or dishwasher to make "white noise." This may take the baby's mind off crying.
- 13 Rock with the baby in a rocking chair. This may relax you both.
- 14 Push the baby in a stroller.
- 15 Put the baby in a baby swing for a slow rocking motion.
- 16 Place the baby underneath a lighted mobile.
- 17 Dance slowly while holding the baby and relax!