

Ask for help

If you are concerned about your baby's crying, ask your doctor to check your child. There may be a physical reason for the crying or it may simply be your infant's personal pattern.

For more info on preventing SBS, please visit
safebabies.sw.org

The trusted choice in pediatrics

With a team of more than 50 pediatricians and specialists, Scott & White offers advanced medical care for every stage of your child's life. Our family-focused Children's Hospital and the superb pediatricians and staff from our regional clinics deliver excellent care for families in Central Texas and beyond. Now we are advancing pediatric care to the next stage: construction is underway to convert King's Daughters Hospital into the only acute care hospital for children between Dallas and Austin.

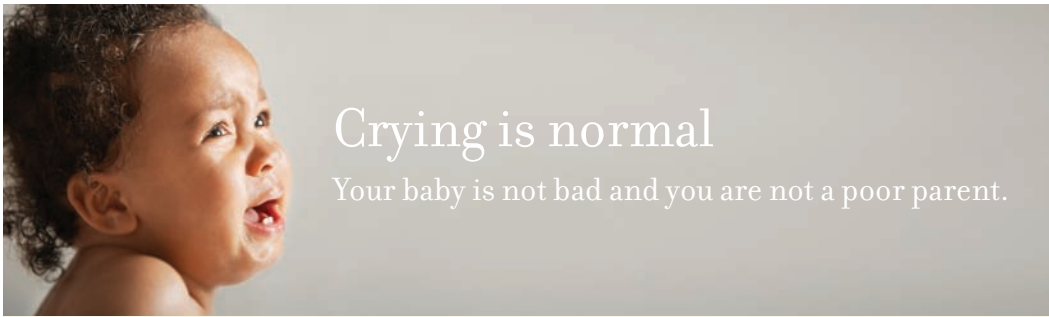


SAFE PARENTING TIPS

Preventing shaken baby injuries



Kohl's and
Scott & White
safe 
BABIES



Crying is normal

Your baby is not bad and you are not a poor parent.

👉 SBS can be prevented

Shaken baby syndrome (SBS) describes what happens after the violent shaking of an infant or small child. SBS is a true health crisis, accounting for about one in ten of all children's deaths due to abuse or neglect. Sadly, Texas has the highest death rate from child abuse, including SBS.

Experts report up to 1,500 cases of SBS occur each year in the United States, with nearly half (41%) of the victims under the age of one. One in four children injured by SBS will die, a tragic result of violent shaking at the hands of a parent or caregiver. Although 60% of the SBS injurers are male (usually fathers or father figures), women are often involved too.

With proper education, SBS can stop. Each year 11,000 babies are born in Central Texas. Let's work together to keep them safe and healthy.

👉 Crying is normal

Studies show that all babies start to cry around 2 weeks old. Crying will increase with a peak at around 2-3 months of age and usually declines around 5 months of age.

Each baby has a personal crying pattern. Some cry as long as five hours a day or more; this high crying level is sometimes called "colic" and is normal. Some infants cry less than 20 minutes each day, which is also considered normal. If your baby is healthy, then crying is just part of being an infant.

Remember that crying is normal and does not reflect on your parenting. Your baby is not angry with you or punishing you. Your baby is not bad and you are not a poor parent.

👉 Never shake your baby to stop the crying

While nonstop crying can try your patience, you and your baby's other caregivers must never shake the child.

No matter how frustrated you are, it is never OK to shake your baby.

- Shaking can cause blindness, brain damage or death.
- Even mild shaking may result in brain damage.
- Hard shaking kills infants outright.

👉 Smart ways to cope with crying

No one likes to hear a baby cry. It may irritate you but crying is the only way your infant can communicate.

Some babies cry when they are hungry, tired, wet, ill or just want to be held. Check these basic needs and try to make them comfortable. Remember, it's normal for babies to cry and crying won't hurt them.

Be aware of your frustration level when the baby cries for a while. Have a plan to cope with your frustration when the crying begins. Make sure anyone who cares for your child is aware of the plan and is prepared to follow it.

- Make sure the baby is clean, fed, comfortable and safe — then walk away.
- Put the baby in a safe place like a crib or playpen.
- Leave the room for a while.
- Check on the baby every 10-15 minutes.
- Listen to music, watch TV, exercise or call a friend to calm yourself.

There is no owner's manual for your new baby. Over time you and your infant will learn each other's signals and the crying will probably decrease. With a little planning and patience, you will grow closer and calmer with each other.

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