

PCA Illinois Shaken Baby Syndrome Prevention News



Dear Lori,

Welcome to the Shaken Baby Syndrome Prevention Newsletter! If you are receiving this email, you have shown interest in Shaken Baby Syndrome Prevention and possibly at some point received training from Prevent Child Abuse Illinois staff to enable you to provide information and presentations about preventing Shaken Baby Syndrome.

Our goal in providing the newsletter is to better connect all of us who are currently providing Shaken Baby Syndrome Prevention information in communities throughout Illinois. **Thank you** for your generous and important efforts to help reduce the number of incidences in which Illinois children are injured in this way. We plan to use the newsletter to keep everyone informed about where and when trainings are being conducted and about all the materials available for trainers.

Shaken Baby Syndrome Train-the-Trainer Workshops



Shaken Baby Syndrome Train-the-Trainer Workshops educate the public about the dangers of shaking an infant, showcases the multi-faceted statewide Shaken Baby Syndrome Public Education Campaign and teach professionals and volunteers the skills needed to become comfortable conducting community Shaken Baby Syndrome (SBS) presentations.

Shaken Baby Syndrome Train-the-Trainers Workshops were conducted by staff members Mary Salisbury, Denise McCaffrey, Tamara Guy and Jennifer Samartano as follows: August 28, 2009 - LaSalle County State's Attorney Office, Ottawa, Illinois; September 21, 2009 - DeKalb County Health Department, DeKalb, Illinois; September 22, 2009 - McHenry County Conference Center, Chrystal Lake, Illinois. Forty to fifty individuals attended each workshop and are now prepared to provide this important public education to those in their own communities. Contact Mary if you would like to help plan a workshop for your community!

- [Visit the SBS web page for more information...](#)

Happiest Baby on The Block



Frustration with coping with a crying baby is often the reason caregivers wind up shaking a baby. Dr. Harvey Karp has developed **Happiest Baby on the Block**, a technique for soothing a crying infant based on natural responses to the infant which mimic conditions in the womb. Five components of the technique are referred to as the 5 S's - Swaddle, Side or Stomach Position, Shushing, Swinging and Sucking. To find out more, learn how to be a certified trainer, or schedule a training.... call or email Denise McCaffrey at 217- 522-1129 or Dmccaffrey@preventchildabuseillinois.org

- [Happiest Baby](#)

Crying Is NORMAL



Crying is a baby's first way of communicating. The amount of time a baby spends crying usually increases from birth until the baby is about 6 weeks old, when the baby may cry between 1 and 5 hours out of 24. After 6 weeks of age, the baby will gradually cry less as he or she finds other ways of communicating or consoling himself or herself. But some young children seem to cry for no obvious reason. About 1 in 5 children have daily crying spells of 15 minutes to an hour, often in the evening.

Shaken Baby Syndrome Brochures & Posters



PCA Illinois provides, *at no cost*, orders of up to 200 Shaken Baby Syndrome Prevention brochures and 5 posters per quarter in both English and Spanish languages . Call 217-522-1129 to order.

- [Learn more here!](#)
- [Request Form....](#)

Special Reminder at Holiday time...



The holiday season can be joyous, but at the same time, it can be an especially difficult time for families. The economic downturn and looming holiday season contribute to extremely high stress levels. When financial stress is combined with other stressors and an inconsolable, crying infant, caregivers are more likely to become frustrated or angry and hurt the infant.

Shaking or slamming an infant's head is one of the most brutal ways to abuse a child and it is 100 percent preventable. Frustrated caregivers should place the crying baby in a safe place and walk away. Crying doesn't hurt a baby - shaking does! It is normal for babies to cry and it is normal for parents and caregivers to feel frustrated. But it is never OK to harm a child.

WHEN CAREGIVERS BECOME FRUSTRATED....



Put the child down gently in a safe place (such as a crib) and leave the room. Give yourself time and space to cool down. Call a friend, neighbor, relative or parent helpline. Sometimes just talking to another adult can help calm nerves. Let your anger out in a safe way. Shake a rug, do dishes, scrub a floor, beat a pillow or have a good cry for yourself. No matter how frustrated you become, NEVER SHAKE A BABY! Contact Prevent Child Abuse Illinois at 217-522-1129 or visit www.preventchildabuseillinois.org for additional child care and parenting resources

Information Wanted!

We would love to include your Shaken Baby Syndrome presentation information in

our next newsletter.

Please provide us with your comments about the newsletter and with any other information you would like to share with others throughout the state who have joined you in providing Shaken Baby Syndrome Prevention information throughout your community. Email Mary with your comments (msalisbury@preventchildabuseillinois.org)

2010 Child Abuse Prevention Month Coming Soon...



Each April people across the country come together to raise awareness about child abuse and neglect prevention. Visit the PCA Illinois web site for information coming soon regarding statewide 2010 Child Abuse Prevention Month activities.

- [Child Abuse Prevention Month...](#)