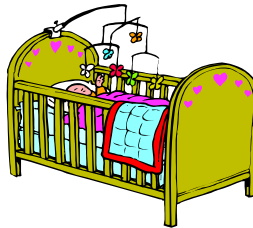
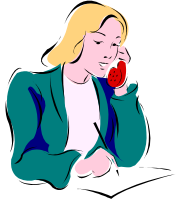


What You Can Do to Protect Your Baby

At Home

1. Tell everyone who cares for your baby about the dangers of shaking.
2. Make sure everyone knows that even rough play such as tossing, bouncing or swinging your baby may cause irreversible damage.
3. If you reach a point of frustration and are afraid that you might shake your baby, place your baby in his or her crib and leave the room.



Do any of the following to calm down before picking your baby up again:

- Count out loud to ten, twenty or fifty.
- Turn on your favorite music.
- Phone a friend or relative; ask them to come over to help out.
- Write down your thoughts; write that you do not want to hurt your baby.
- Call your baby's doctor if crying is uncontrollable.

