

Who should care for your baby?

When considering who should care for your baby, honestly answer the following questions. This will help determine who will provide the safest and the best care.

- *Does the potential caretaker have previous babysitting experience?*
- *What age children have they cared for?*
- *Do they have a criminal history? If so does it involve violent behavior?*
- *Do you know how they handle stressful situations?*
- *What would they do if your child will not stop crying?*
- *Do they know how to handle an emergency?*
- *Do they know how to contact you in case of an emergency?*

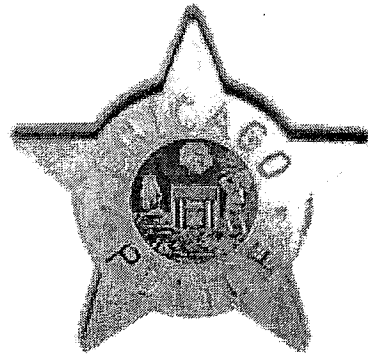


A Message from the Superintendent

A major goal of the Chicago Police Department is the reduction and prevention of the heinous crime of **CHILD ABUSE**. Educating parents, children, and the public can make a difference and assist in the reduction of child abuse in our city. With your cooperation, the Police Department can provide greater and more effective service to the victims of child abuse and ultimately to all citizens of Chicago.

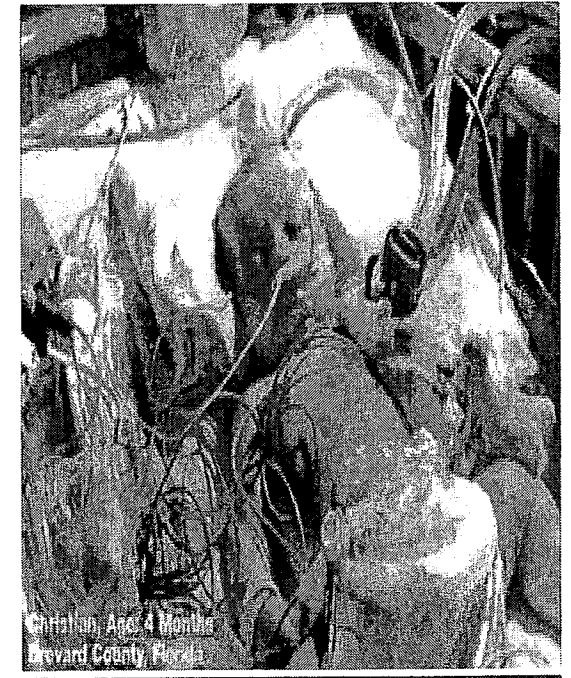
I ask **ALL PERSONS** to get involved to alleviate this tragedy. If anyone has knowledge that a child is being abused, you must call the Chicago Police Department or the toll free number and report the crime immediately . . . **DON'T WAIT!**

1-800-25 ABUSE



For more information regarding SBS or to schedule a workshop contact Preventive Programs Division, Chicago Police Department at (312) 745-5835.

SHAKING A BABY CAN BE DEADLY!



MAKE SURE
NO ONE
SHAKES YOUR
BABY!

What is Shaken Baby Syndrome?

SBS is a serious brain injury that occurs when a frustrated caregiver “shakes” a child, usually to stop them from crying. It is considered a serious form of child abuse.

Why is shaking a baby dangerous?

A baby’s neck muscles are weak and the brain and connective tissues are fragile and underdeveloped. When a baby is shaken, the brain bounces within the skull, causing **bruising, bleeding, and swelling** inside the baby’s brain.



What are the effects of Shaken Baby Syndrome?

One out of four babies who are shaken dies. Other life-long injuries can occur, including:

- PERMANENT BRAIN DAMAGE
- SEVERE LEARNING AND BEHAVIORAL PROBLEMS
- SPINAL INJURY AND PARALYSIS
- BLINDNESS
- DEAFNESS

HOW TO HELP A CRYING BABY

Start by understanding why your baby is crying:

- *Does the baby need to be fed or burped?* Feed the baby slowly and burp him often.
- *Does the baby need to be changed?* Check the diaper, does it need to be changed or loosened?
- *Is the baby too hot or too cold?* Feel the baby’s head for perspiration or coolness. Add or remove clothing and blankets, as needed.
- *Does the baby seem to have a fever? Does the baby seem to be in pain from an earache, teething, rash, or insect bite?* Call your doctor or health clinic for advice.
- *Does the baby need to feel close to you?* Babies need to be held often. Touching and cuddling

helps a baby develop physically and mentally.

- *Is the baby overtired or over stimulated?* Turn off extra noise like a television or radio. Lower the lights and *gently* lay the baby into the crib. Offer a pacifier, it’s soothing.
- *Does the baby just need to cry?* Babies cry a lot during the first few months of their lives. It’s how they communicate.

HOW TO HELP YOUR SELF

When you feel yourself losing control, gently put your baby down; and do something to take care of your needs:

- *Calm down. Take a deep breath and exhale through your mouth slowly several times until you feel relaxed.*
- *Call a friend, relative, or neighbor and ask them to take over for a short time.*
- *Stop and think about why you are so angry.*
- *Listen to soft music, exercise, or take a quick shower.*
- *Sit or lie down, close your eyes and think of a pleasant memory for a few minutes.*