



**Applying New Knowledge:
Learning & Transfer**

Child Care Training Consultants, LLC

Accredited by International Association for Continuing Education and Training (IACET)

What you Need to Know About



Shaken Baby Syndrome

Shaken baby syndrome refers to a type of brain injury that happens when a baby or a toddler is shaken violently. Shaking can cause bleeding in the brain (subdural hemorrhages) or bleeding in the retinas (retinal hemorrhages).



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CKA 1: Health, Nutrition and Safety

Title: WY 1.K What you Need to Know About Shaken Baby Syndrome

2 Hours

0.2 CEUs



**Dr. Theresa Vadala
(Instructor & Curriculum Designer)**





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What you Need to Know About Shaken Baby Syndrome

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**Thank you for choosing
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for your Training Needs!**

Learning Assessment

Read the material provided, take the 5-10 quiz questions and
complete the training evaluation at the end of the course.

Participants must receive 100% on individual courses to obtain a certificate of completion.

Questions?

We are happy to help.

Support Services:

Please contact us 24/7 at

childcaretrainingconsultants1@gmail.com

Business # 702.837.2434



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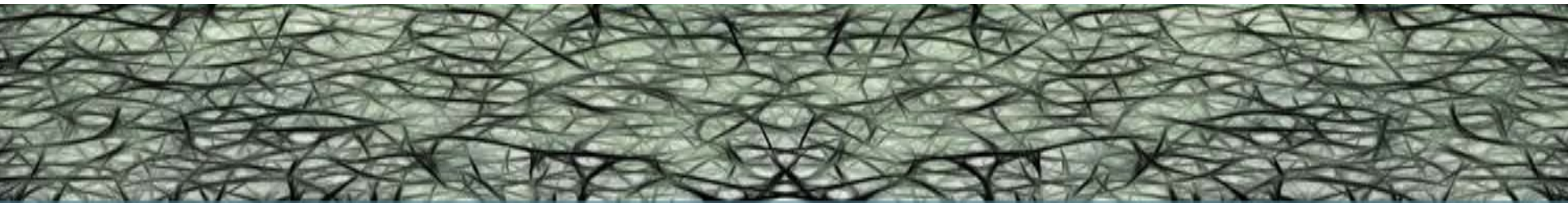
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Mission Statement

“Child Care Training Consultants, LLC’s is committed to provide research-based professional growth and development training courses primarily focused on the Child Development Associate. The CDA is the nation’s premier credential that is transferable, valid, competency-based and nationally recognized in all 50 states, territories, the District of Columbia, community colleges and the United State Military.

Vision

Child Care Training Consultants, LLC’s vision is to provide the early childhood community with courses based on CDA competency standards to obtain their CDA Credential and assist in reaching their goal as an exceptional early childhood educator to ultimately achieve higher child outcomes.





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About the Instructor

Theresa has over 30 years experience in the field of Early Childhood Education. During that time, she served as a Preschool Teacher, Disabilities Coordinator, Program Facilitator, and Director of an Early Childcare Program. She has a Doctoral Degree in Educational Leadership with Specialization in Curriculum and Instructional Design. Theresa is a Professional Growth & Development Trainer and Curriculum Designer and offers web-based courses internationally. She is the Executive Director/Owner of the training organization Child Care Training Consultants, LLC., (CCTC).



Business Description

Child Care Training Consultants, LLC. (CCTC) is an accredited provider (AP) with the International Association for Continuing Education and Training (IACET) that provides Continuing Education Units (CEU) for adult education nationally. The business is also a recognized training organization with the Council for Professional Recognition, Child Development Associate Council (CDA), National Credentialing Program.



Objectives

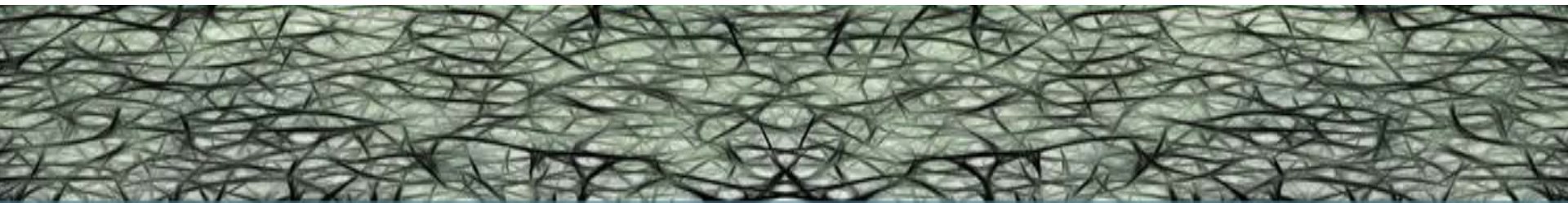
Participants will be able to:

- 1) Describe the importance of learning about Shaken Baby Syndrome
- 2) Identify Signs and Symptoms of Shaken Baby Syndrome
- 3) Implement policies that include but not limited to Shaken Baby Syndrome and Child Abuse
- 4) Identify safety policies within child care centers given review of school policies.



Agenda

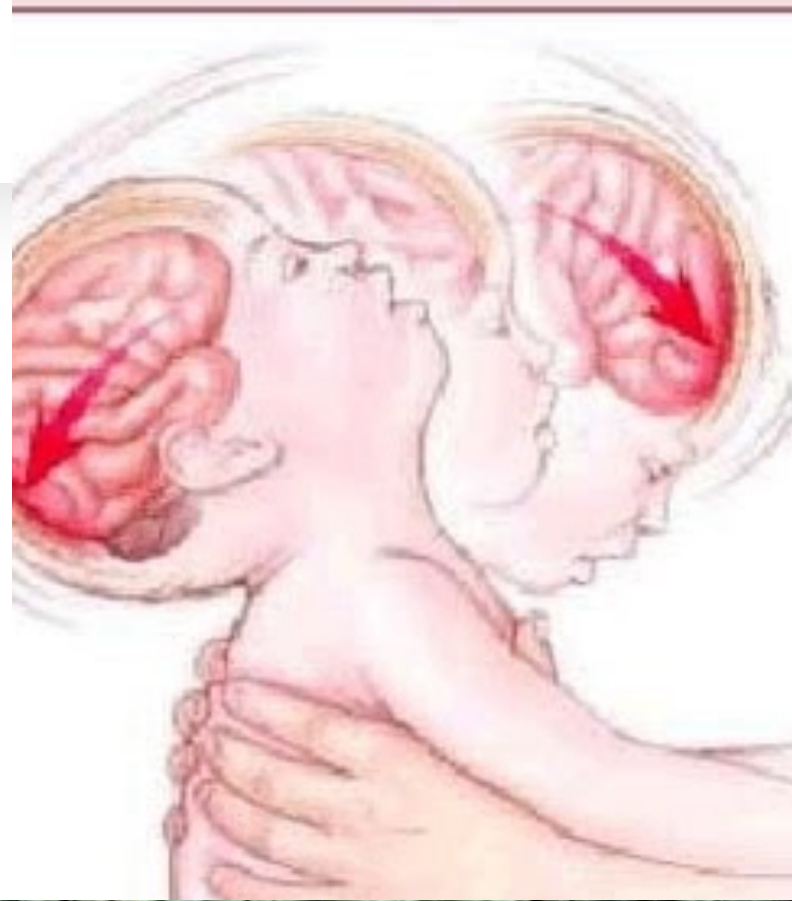
- What is Shaken Baby Syndrome
- Causes of Shaken Baby Syndrome
- All babies Cry
- Signs and Symptoms of Shaken Baby Syndrome
- Complications
- Tests and Diagnosis
- Treatment
- How to Prevent Shaken Baby Syndrome
- Purple Crying
- Resources





What is Shaken Baby Syndrome?

- Shaken Baby Syndrome (SBS)
- Abusive Head Trauma (AHT)
- Shaken Impact Syndrome
- Inflicted Head Injury or Whiplash Shake Syndrome





What is Shaken Baby Syndrome?

Shaken baby syndrome (SBS)— also known as abusive head trauma, shaken impact syndrome, inflicted head injury or whiplash shake syndrome — is a serious brain injury resulting from forcefully shaking an infant or toddler. Shaken baby syndrome destroys a child's brain cells and prevents his or her brain from getting enough oxygen. Shaken baby syndrome is a form of child abuse that can result in permanent brain damage or death. Shaken baby syndrome is preventable. Shaken baby syndrome is more common in children under age 2, but it can affect children up to age 5. Most cases of shaken baby syndrome occur among infants that are 6 to 8 weeks old, which is when babies tend to cry the most. You should **never** shake a baby under any circumstances. Shaking a baby is a serious and deliberate form of abuse. Call 911 right away if you believe that a baby in your care is a victim of shaken baby syndrome. This is a life-threatening condition that requires immediate medical treatment.





Shaken Baby Syndrome

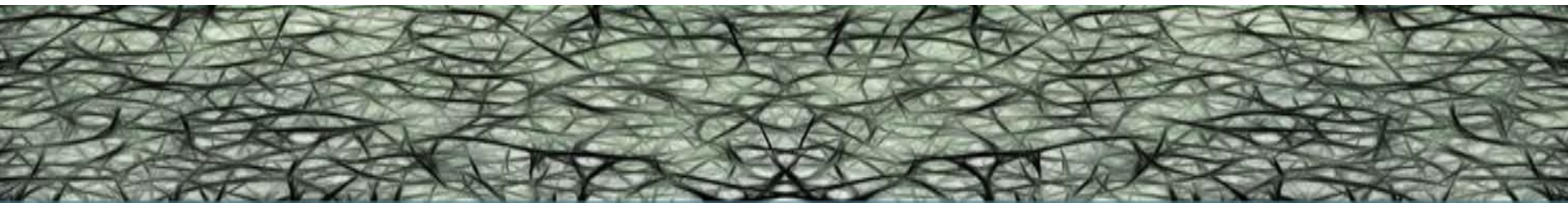
The violent movement repeatedly throws the baby's brain against the inside of the skull, causing bruising, swelling, and bleeding.





Shaken Baby Syndrome

The violent movement repeatedly throws the baby's brain against the inside of the skull, causing bruising, swelling, and bleeding. Babies have weak neck muscles and often struggle to support their heavy heads. If a baby is forcefully shaken, his or her fragile brain moves back and forth inside the skull. This causes bruising, swelling and bleeding. Shaken baby syndrome usually occurs when a parent or caregiver severely shakes a baby or toddler due to frustration or anger — often because the child won't stop crying. Shaken baby syndrome isn't usually caused by bouncing a child on your knee, minor falls or even rough play.

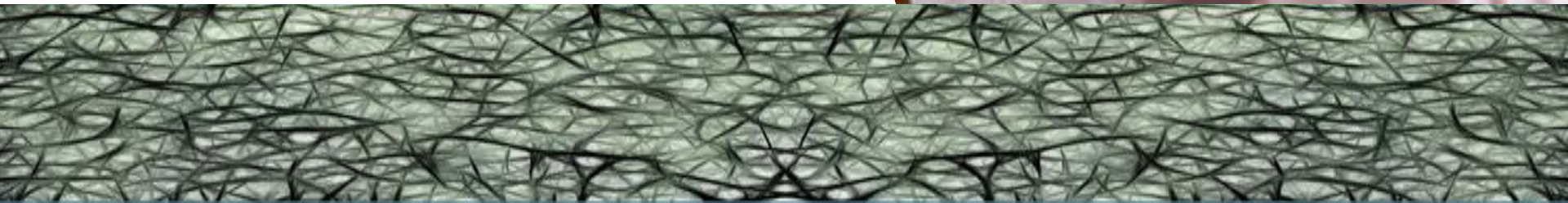




Causes of Shaken Baby Syndrome

For parents and other caregivers, factors that may increase the risk of inflicting shaken baby syndrome include:

- Unrealistic expectations of babies
- Young or single parenthood
- Stress
- Domestic violence
- Alcohol or substance abuse
- Unstable family situations
- Depression
- A history of mistreatment as a child





Shaken Baby Syndrome (SBS) is a form of child abuse that happens when an infant or small child is violently shaken. Shaken injuries are not caused by:

Shaken Baby Syndrome

- Bouncing a baby on your knee
- Tossing a baby in the air
- Jogging or bicycling with your baby
- Falls off a couch or other furniture
- Sudden stops in a car or driving over bumps

Although the activities listed above can be dangerous and are not recommended, they will likely not cause SBS injuries.



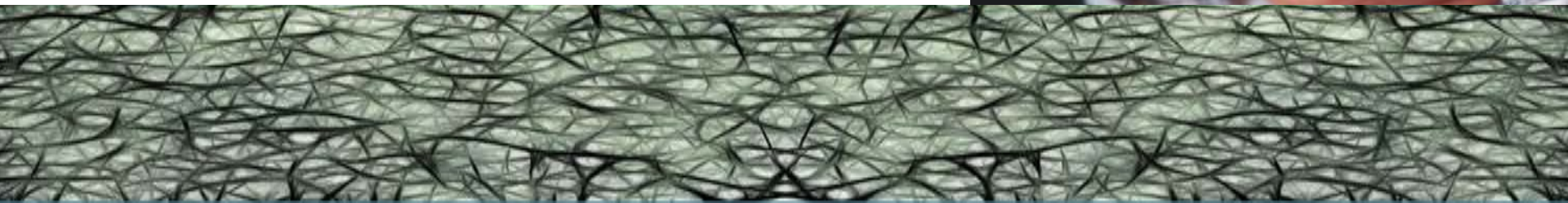
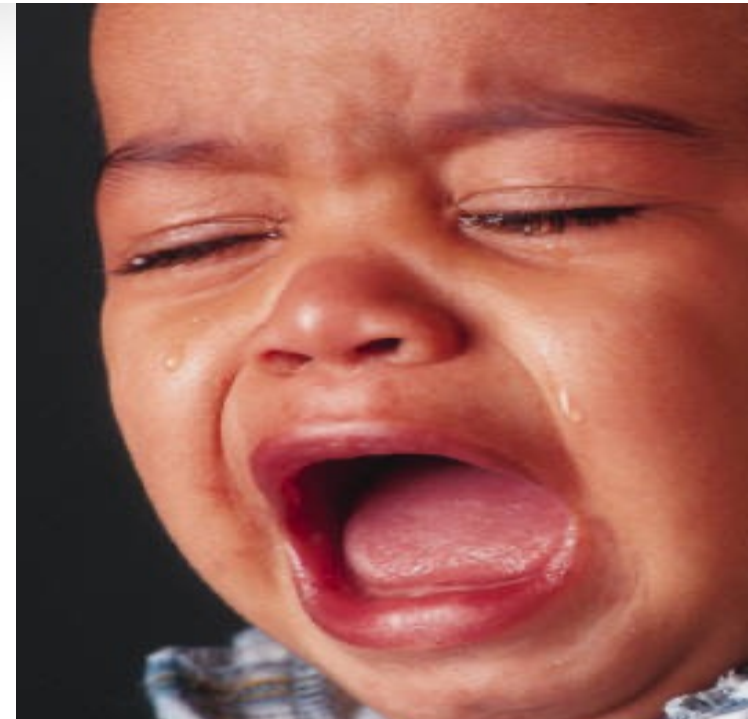


All Babies Cry

All Babies Cry is a national program that promotes healthy parenting behavior through practical demonstrations of infant soothing and ways to manage the stress of parenting. The program is divided into four parts:

1. What is normal about crying?
2. Comforting a baby
3. Self-care tips for caregivers
4. Colic and how to cope

<http://kidshealth.org/en/parents/shaken.html>
#

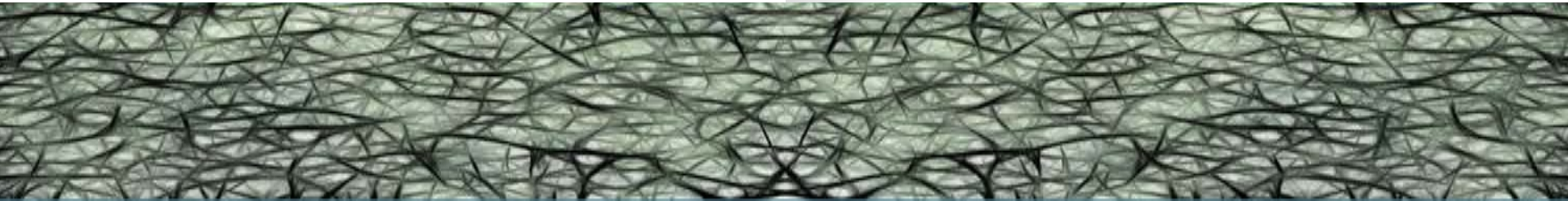




Crying Baby

If a baby in your care won't stop crying, you can also try the following:

- Make sure the baby's basic needs are met (for example, he or she isn't hungry and doesn't need to be changed)
- Check for signs of illness, like fever or swollen gums
- Rock or walk with the baby
- Sing or talk to the baby
- Offer the baby a pacifier or a noisy toy
- Take the baby for a ride in a stroller





Crying Baby continued...

To prevent potential SBS, parents and caregivers of infants need to learn how to respond to their own stress. It's important to tell *anyone* caring for a baby to never shake him or her. Talk about the dangers of shaking and how it can be prevented.

- Hold the baby close against your body and breathe calmly and slowly.
- Pat or rub the baby's back.
- If nothing else works, put the baby on his or her back in the crib, walk away, and get help such as your director or another co-worker





Shaken baby syndrome symptoms and signs include:

Other injuries that may not be initially noticeable include bleeding in the brain and eye, damage to the spinal cord and neck and fractures of the ribs, skull and bones. Evidence of prior child abuse also is common.

In mild cases of shaken baby syndrome, a child may appear normal after being shaken, but over time he or she may develop health, learning or behavior problems.

- Extreme irritability
- Difficulty staying awake
- Breathing problems
- Decreased appetite, poor feeding or vomiting for no apparent reason
- Inability to lift head
- Pale or bluish skin
- Seizures and or Tremors
- Paralysis
- Coma





Signs and Symptoms continued...

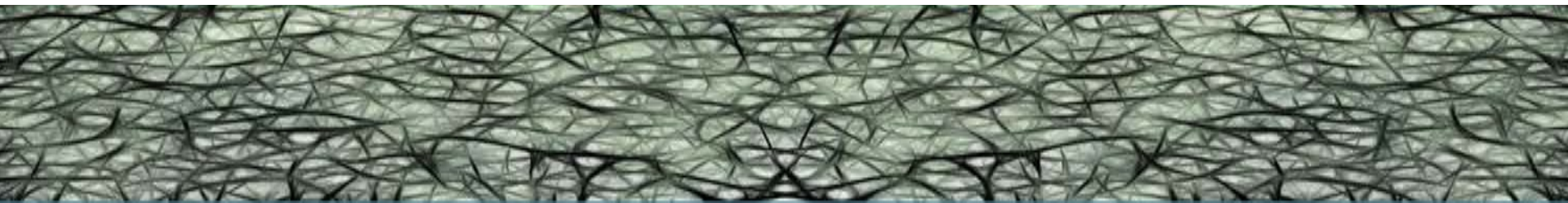
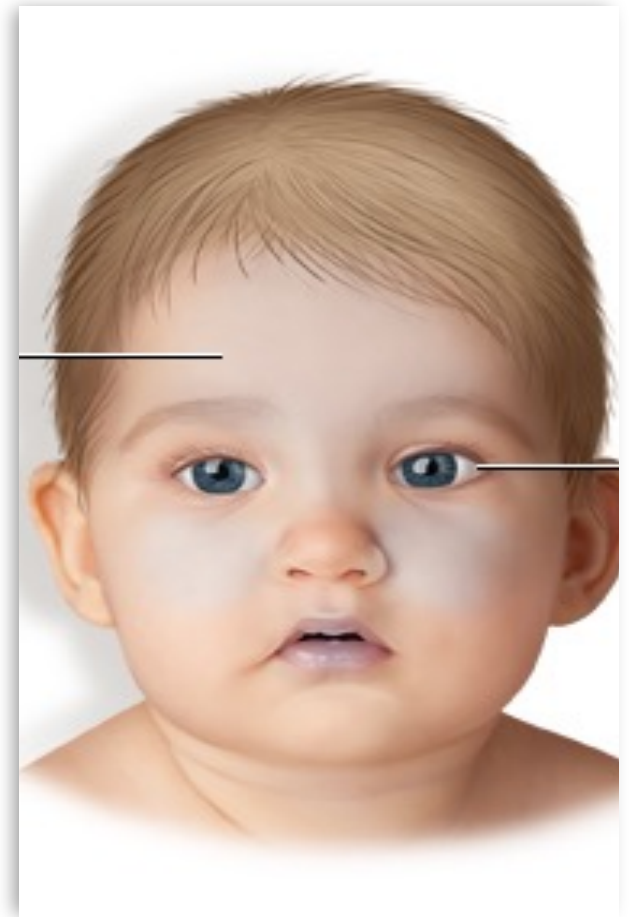
- Lethargy / decreased muscle tone
- No smiling or vocalization
- Poor sucking or swallowing
- Rigidity or posturing
- Head or forehead appears larger than usual
- Soft spot on head appears to be bulging
- Inability of eyes to focus or track movement
- Unequal size of pupils





Signs and Symptoms continued...

The symptoms and signs of shaken baby syndrome have an extremely broad range to display. This range is due to the nature of the inflicted trauma, including the frequency, duration, and whether the result of a single event or multiple events.





Complications

Just a few seconds of shaking an infant can cause irreversible brain damage. Many children affected by shaken baby syndrome die.

Survivors of shaken baby syndrome may require lifelong medical care for conditions such as:

- Partial or total blindness
- Hearing loss
- Developmental delays, learning problems or behavior issues
- Mental retardation
- Seizure disorders
- Cerebral palsy





Complications continued...

- Learning disabilities
- Physical disabilities
- Visual disabilities or blindness
- Hearing impairment
- Speech disabilities
- Cerebral Palsy
- Seizures
- Behavior disorders
- Cognitive impairment
- Death





Complications continued...

Even in milder cases, in which babies look normal immediately after the shaking, they may eventually develop one or more of these problems. Sometimes the first sign of a problem isn't noticed until the child enters the school system and exhibits behavioral problems or learning difficulties. But by that time, it's more difficult to link these problems to a shaking incident from several years before.





Testing and Diagnosing Shaken Baby Syndrome

- Computerized tomography scan (CAT)
- Magnetic resonance imaging (MRI)
- Skeletal survey
- Ophthalmological exam
- Blood tests

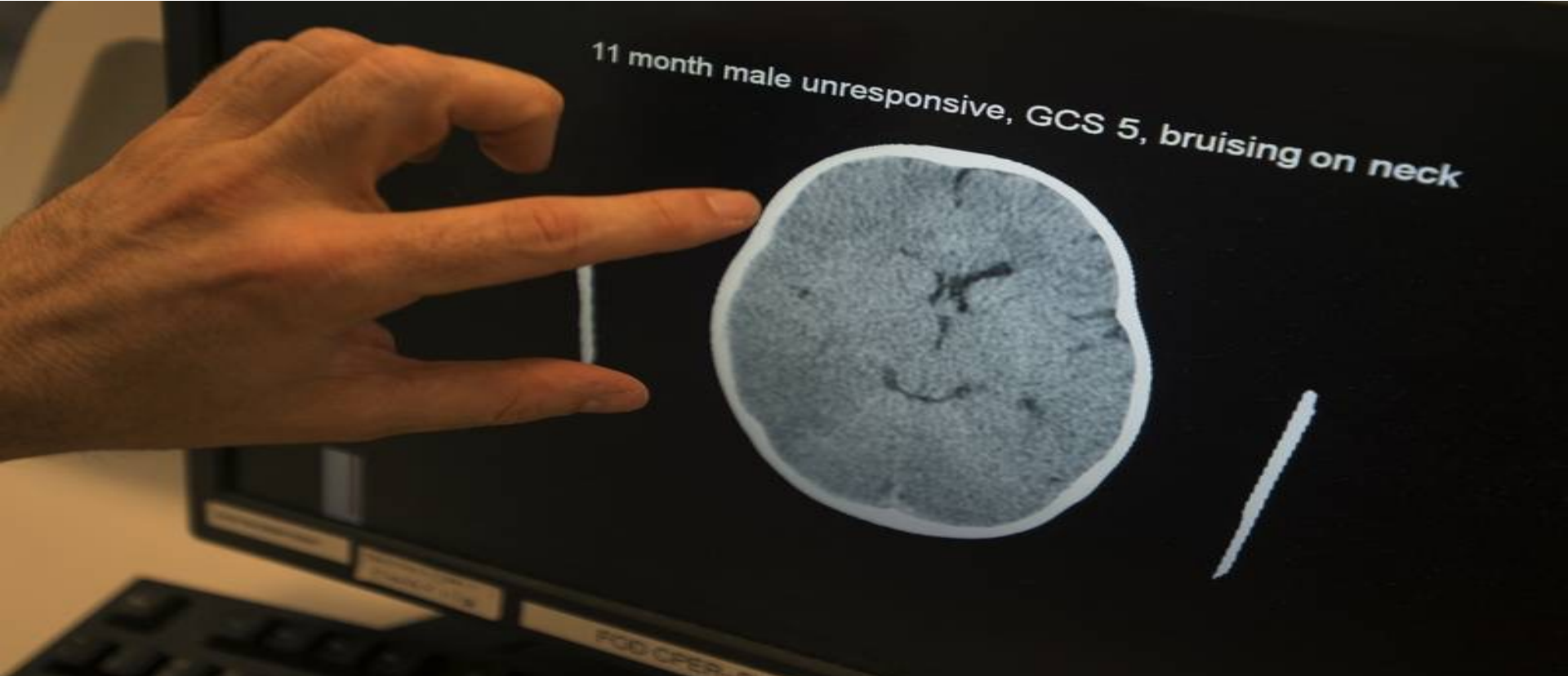


Testing and Diagnosing Shaken Baby Syndrome

- A child who's been forcefully shaken may need to be examined by a number of medical specialists, as well as an expert in child abuse.
- Various tests may be needed to detect injuries, such as:
- **Computerized tomography (CT) scan.** A CT scan uses X-ray images to provide cross-sectional images of a child's brain. This test can help detect injuries that need urgent intervention.
- **Magnetic resonance imaging (MRI).** MRI uses a powerful magnetic field and radio waves to create detailed images of a child's brain. Because MRI is difficult to perform on a child who's unstable, it's usually done two to three days after the injury.
- **Skeletal survey.** A series of skeletal X-rays — possibly including the arms, hands, legs, feet, spine, ribs and skull — may be used to gauge whether fractures are accidental or purposeful and find previous fractures.
- **Ophthalmological exam.** An eye exam can reveal bleeding and other eye injuries.
- **Blood tests.** Some metabolic and genetic disorders, as well as bleeding and clotting disorders, can lead to symptoms that may mimic shaken baby syndrome. Blood tests can help rule out some of these conditions.
- Depending on the extent of the injuries, the baby may need to be monitored in a pediatric intensive care unit.



Testing and Diagnosis continued...



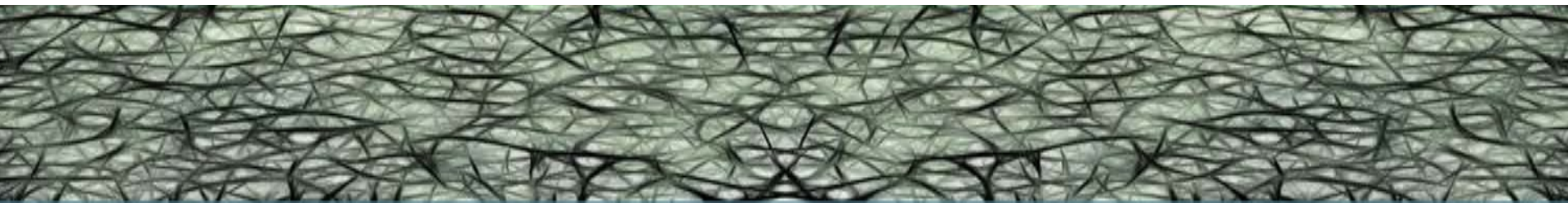


Testing and Diagnosis continued...

Many cases of Shaken Baby Syndrome are brought in for medical care as "silent injuries." In other words, parents or caregivers don't often provide a history that the child has had abusive head trauma or a shaking injury, so doctors don't know to look for subtle or physical signs. This can sometimes result in children having injuries that aren't identified in the medical system.

In many cases, babies who don't have severe symptoms may *never* be brought to a doctor. Many of the less severe symptoms such as vomiting or irritability may resolve and can have many non-abuse-related causes.

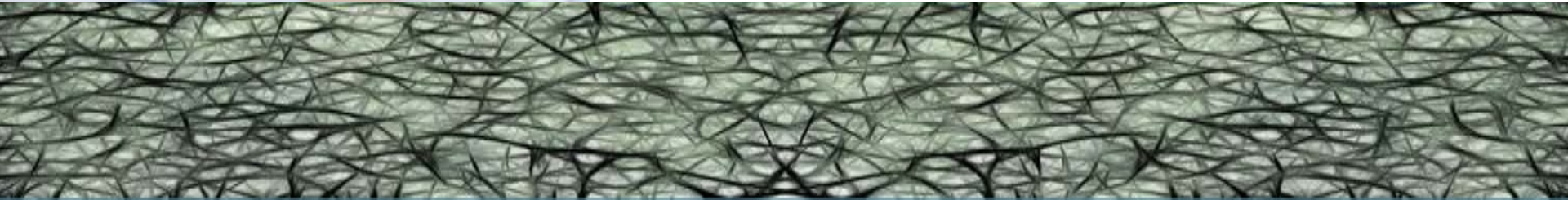
Unfortunately, unless a doctor has reason to suspect child abuse, mild cases (in which the infant seems lethargic, fussy, or perhaps isn't feeding well) are often misdiagnosed as a viral illness or colic. Without a suspicion of child abuse and any resulting intervention with the parents or caregivers, these children may be shaken again, worsening any brain injury or damage.





Treatment

- Prevent choking
- Do not offer food or water
- Some may require surgery
- Call 911 immediately if SBS is suspected





Treatment

Emergency treatment for a child who has been shaken may include life-sustaining measures, such as breathing support and surgery to stop bleeding in the brain.

Call 911 immediately if you suspect a child has shaken baby syndrome. Some babies will stop breathing after being shaken. If this occurs, CPR can keep the baby breathing while you wait for medical personnel to arrive.

In some cases, the baby may vomit after being shaken. To prevent choking, gently roll the baby onto their side. Make sure to roll their entire body at the same time. If there's a spinal cord injury, this method of rolling reduces the risk of further damage to the spine. It's important that you don't pick up the baby or give the baby food or water.

There's no medication to treat shaken baby syndrome. In severe cases, surgery may be required to treat bleeding in the brain. This may involve placement of a shunt, or thin tube, to relieve pressure or to drain excess blood and fluid. Eye surgery may also be needed to remove any blood before it permanently affects vision.





Prevention

- Always treat a child gently
- Take a few seconds of shaking to cause irreversible brain damage in an infant

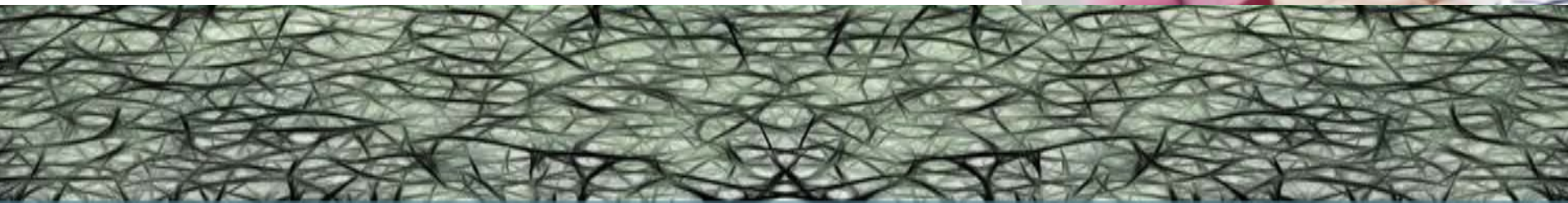
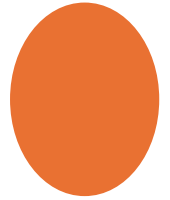
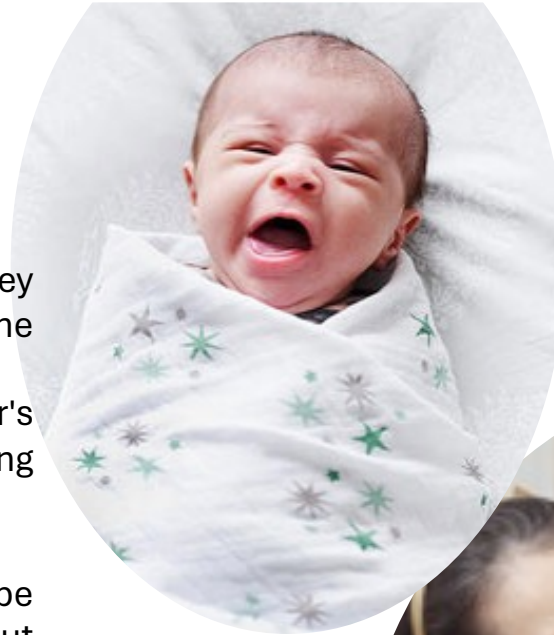
Abusive head trauma is *100% preventable*. A key aspect of prevention is increasing awareness of the potential dangers of shaking.

Finding ways to alleviate the parent or caregiver's stress at the critical moments when a baby is crying can significantly reduce the risk to a child.

When a crying baby can't be calmed, you may be tempted to try anything to get the tears to stop — but it's important to always treat a child gently. Nothing justifies shaking a child.

It only takes a few seconds of shaking to cause irreversible brain damage in an infant.

If you're having trouble managing your emotions or the stress of being a child care provider, seek help.





The Letters in **PURPLE** Stand for

P

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

U

UNEXPECTED

Crying can come and go and you don't know why

R

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

P

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

L

LONG LASTING

Crying can last as much as 5 hours a day, or more

E

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.



The *Period of PURPLE Crying* is a new way to help parents and caregivers understand that crying doesn't last forever. Crying is a normal part of every infant's development. It is confusing and concerning to be told a baby "has colic" because it sounds like it is an illness or a condition that is abnormal. When the baby is given medication to treat symptoms of colic, it reinforces the idea that there is something wrong with the baby, when in fact, the baby is going through a very normal developmental phase. That is why the *Period of Purple* was created. The Period Purple website has so much helpful information.

The *Period of PURPLE Crying* begins at about 2 weeks of age and continues until about 3-4 months of age. There are other common characteristics of this phase, or period, which are better described by the acronym *PURPLE*. All babies go through this period. It is during this time that some babies can cry a lot and some far less, but they all go through it.

<http://purplecrying.info/sub-pages/protecting/shaken-baby-syndrome-sbs.php>



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Resources

<http://www.dontshake.org>

<http://www.mayoclinic.com>

<http://kidshealth.org/en/parents/shaken.html#>

National Center on Shaken Baby Syndrome

2955 Harrison Blvd, #102

Ogden, UT 84403

(888) 273-0071

<http://www.dontshake.com/>

Parents Anonymous[®], Inc.

675 West Foothill Blvd., Suite 220

Claremont, CA 91711-3475

(909) 621-6184

<http://www.parentsanonymous.org/>

Shaken Baby Alliance

4516 Boat Club Rd., Suite 114

Ft. Worth, TX 76135

(877) 6-END-SBS

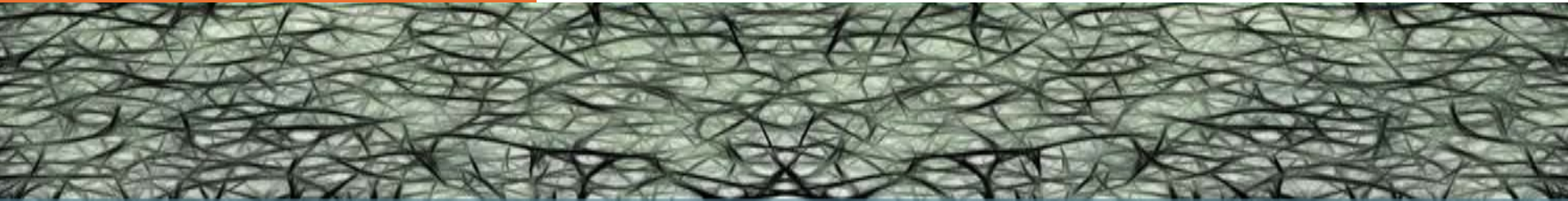
<http://www.shakenbaby.org/>

Shaken Baby Syndrome Prevention Plus

649 Main St., Suite B

Groveport, OH 43125

(800) 858-5222





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