



No shaking, please!

Your baby is screaming and screaming. You have tried to calm it down. You are next to shake it for having some moments of silence. You just never do this because shaking a baby may endanger its life.

No shaking, please!

Babies just do scream even if they are in good health. Weary, exhausted parents often have difficulties with accepting this. But a baby does not cry to annoy its parents but because there is another reason. It is still unable to tell you its problem. Irrespective of how long your baby is screaming – the most important rule for you is not to lose control and under no circumstances shake your baby. A baby is still unable to hold its head upwards using its own muscles because its head is relatively heavy. Therefore, fast movements without supporting the head or light shaking movements may be dangerous. The small and vulnerable brain is displaced during shaking. This may cause blood vessels to tear so that blood can enter the brain.



Shaking may cause a permanent handicap or even death. If such an accident should happen, you have to bring your baby to the nearest hospital for child and youth medicine immediately!

Calm down.



When you feel that you are about to lose patience, just go into another room for a moment. Try to get into a feeling of distance and calm. Your baby will probably go on screaming, but this is harmless as long as it does not last too long.

- *Breathe in and out calmly.*
- *Sometimes, a telephone call to a trustworthy person may be helpful.*
- *Ask for help.*

Did you know ...

... that healthy babies are able to scream at an average of two to three hours a day? During their first three months of life, about 40 per cent of all babies are screaming particularly during the afternoon and evening hours between 4 pm and 11 pm.

What may be helpful ...

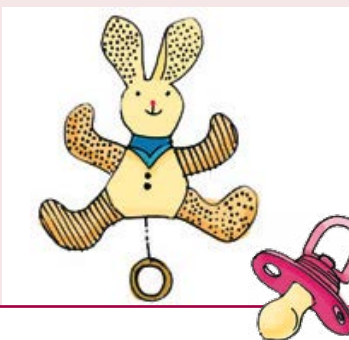
Try to find out step by step calmly and patiently your baby's problem. To this end, create a silent environment. Your baby will feel better without television or music.



I want to have dry but-tocks! Please inspect my napkins.



Swinging is fun! Take me and hold me. I like gentle walking around, too.



Where is my soother or my music box?



Talk to me gently - sing or whisper in my ear.



Hunger or thirst? Sit down next to me or lay down beside me. Nurse me or give me a bottle.



Massage softly my belly and back. A warm bath can calm me, either.



Let's have a change of scenery and walk a bit around. This is often helpful for both: parents and children.

Help

Does your baby scream longer or louder than normal? Does it seem ill or does its screaming scare you? Have you nearly lost your power? Do you fear that somebody in your environment might become angry and shake your baby? In such cases, just seek advice and help.

Please contact, for example

- your paediatrician
- your midwife or the central midwife hotline
(030) 214 27 71
- the paediatric first-aid centers of KV Berlin, phone
(030) 31 00 31
- a child and youth hospital
- the Berlin Children Protection Hotline (030) 61 00 66
- the children and youth health departments at the Berlin district administrations

You may find contact partners and consultation centers specialized in screaming babies via the internet

- www.schreibabyambulanz.info/standorte.htm

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