#### **Babies Cry. Have a Plan!** Abusive Head Trauma Education for Child Care Providers

"Inconsolable crying is a primary trigger for shaking a baby." -Centers for Disease Control and Prevention

#### Brought to you by the IdahoSTARS Child Care Health Consultant Program



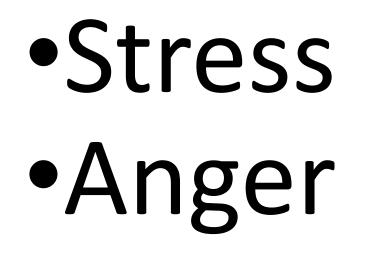
### Abusive Head Trauma

Major public health issue commonly known as "Shaken Baby Syndrome"

### 100 % Preventable

#### Factors Contributing to Abusive Head Trauma

Prolonged infant crying can trigger:





# STOP (THINK) ACT

 Shaking or blunt trauma to the head results in shearing of the blood vessels in the brain which causes bleeding within the brain and eyes

 Serious long-term health consequences can result from shaking (i.e. blindness, developmental delays, cerebral palsy, sever motor dysfunction, spasticity, and seizures)

### 1 in 4 victims of abusive head trauma will die

# Excessive crying is a **normal** phase of infant development.

- Increases after 2 weeks of age
  - Peaks at 6-8 weeks
  - Decreases after 3-4 months



## Sometimes caregivers get frustrated with a crying baby. This is **normal**.



#### It is how caregivers respond to crying that matters.



# CHILD CARE

#### What can early care and education professionals do??

- Identify strategies for coping with an inconsolable crying baby
- Talk with parents and other caregivers

## Make a plan!

#### The Crying Plan

Babies Cry. —>	This is My Crying Plan!	(Share it with anyone who cares for your baby)
In the set of the set	2 I have checked the Calming Techniques that work best for my baby. (Please mark your choices.) Swaddling Use of "white noise" Gently swing or rock her Take him for a stroller ride Place her in a car seat and go for a car ride Breast feeding and/or skin to skin holding Other: Sometimes when nothing else works, my baby really enjoys: (Please complete with your best solutions.)	Also try using some of the following Coping Techniques: Put the baby down in a safe place like a crib, and check back when I am feeling calm Call a friend or neighbor Call the doctor if crying lasts over 3 hours Other: Mill call the following people, if I need help. The first name on my list is my friend or neighbor. (Please list the first name and phone number) Hommit to keeping my baby safe.
Babies Cry. Have a Plan! Email Your Crying Plan Print Your Crying Plan	<ul> <li>It is more important to stay calm than it is to quiet the baby. Sometimes babies cry for no apparent reason. When this happens, feeling frustrated is normal. Rever Shake a Baby!</li> <li>To calm yourself try: <ul> <li>Going outside for fresh air</li> <li>Taking several deep breaths</li> <li>Counting to 100</li> <li>Washing your face or taking a shower</li> <li>Exercise. Do sit ups or walk up and down stairs a few times</li> </ul> </li> </ul>	Signature: Date: Date: Date: Date: TAKE A BREAK. NEVER SHAKE!

www.cryingbabyplan.org

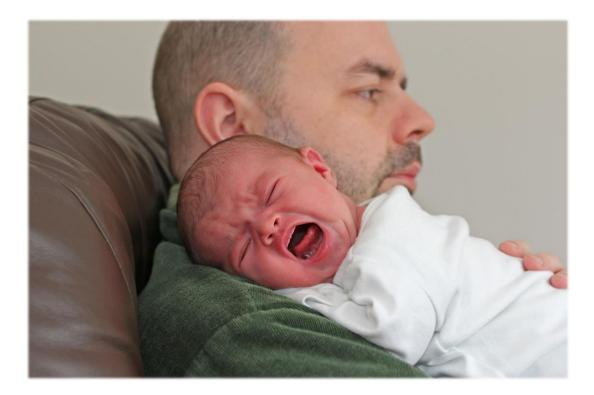
#### The Plan Includes...



- Checking baby's physical needs
- Calming techniques that work best for baby
- Techniques for caregivers to calm themselves

#### Consider...

- ✓ Use enrollment in child care as a time to introduce or ask for Crying Plans
- ✓ Encourage parents, including fathers, to be included in completing the Crying Plan



#### Remember!

Abusive head trauma is unfortunately on the rise in our state. It takes ALL OF US working together to keep Idaho's children safe!



#### Information adapted from Farrow, M., RNC (n.d). *Babies cry, have a plan: Abusive head trauma education.* [PowerPoint Slides]

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