

A faded background image of a baby crying, with the baby's face and upper body visible. The baby has dark, curly hair and is looking slightly to the side with an open mouth, as if crying.

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”



Factors Contributing to Abusive Head Trauma

Prolonged infant crying can trigger:

- Stress
- Anger





- 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, severe 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)

My Baby's Name Is:

All babies cry, some more than others. Crying is a baby's language. When my baby cries she may be lonely, scared, tired or he may cry for no reason that we can figure out. So if my baby cries these are some things to try:

1 First, check my baby's physical needs.

- Is she hungry?
- Does he need to burp?
- Is her diaper dirty or wet?
- Is he too hot or too cold?
- Are there any signs of sickness? (vomiting or fever) Seek medical care immediately, if there are concerns.



Email Your Crying Plan

Print Your Crying Plan

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.)

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. **Never Shake a Baby!**

3 To calm yourself try:

- Going outside for fresh air
- Taking several deep breaths
- Counting to 100
- Washing your face or taking a shower
- Exercise. Do sit ups or walk up and down stairs a few times

4 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:

I will 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)

I commit to keeping my baby safe.

Signature:

Date:

Signature:

Date:



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!

Reference

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

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