

# Support the **Shaken Baby Prevention Programme** by choosing **Solutions**

Solutions Ltd have worked closely with the Shaken Baby Prevention Programme from its onset in New Zealand.

We are offering a \$100 donation for each contract or permanent role placed between now and end of February 2010.

Solutions is a New Zealand owned and operated company who recruit and consult in communities across New Zealand, from public to commercial environments, covering administrative support through to accounting and project work.



#### **Quality contractors & temporary staff available now:**

- Data Entry
- Receptionists
- PA/EAs
- Administrators
- Business Analysts
- Data Modelling
- Office/Business Managers
- Human Resource Managers
- Accounts Payable/Receivable
- Assistant Accountants
- Financial/Cost Accountants
- Financial Controllers
- Chief Financial Officers
- Project Managers/Coordinators

#### **Contact us now for more information:**

**e** [brentr@solutionsltd.co.nz](mailto:brentr@solutionsltd.co.nz)  
**t** 09 415 1035  
**w** [www.solutionsltd.co.nz](http://www.solutionsltd.co.nz)

# What is Shaken Baby Syndrome?

SBS (shaken baby syndrome) is a combination of serious injuries that can occur when an infant or young toddler is violently shaken. It may only take one or two hard shakes to seriously injure such a small child. This is because babies and toddlers have relatively big, heavy heads and weak neck muscles. When they are shaken the brain slams back and forth inside the skull, resulting in bleeding around the brain and damage to the brain itself. Some babies may even stop breathing, which can cause further brain damage.

In addition, the shaking can cause bleeding into the back of the eyes. Many babies who are shaken also have broken ribs because they are held forcibly around the chest and squeezed when they are shaken. They may also suffer other broken bones during the shaking.

## How can SBS happen?

SBS usually happens when a parent or other caregiver shakes a baby or toddler very hard because they are very frustrated with them. It is usually in response to the baby crying. Forceful shaking may stop the baby crying, because it causes a head injury.

Bouncing your child on your knee or tossing them up into the air and catching them will not cause SBS. As a general rule if your baby is enjoying this play then they are not being hurt. Stop immediately if your baby becomes upset.

***One small life. One rash moment. No second chances.***

## Key points to remember:

- Shaking babies and young toddlers can lead to severe head injury, permanent brain damage and death
- It is never ever okay to shake your baby; ensure that anyone caring for your baby know this
- Never leave your baby alone with someone that you know has an anger problem or violent temper
- It helps to have a plan of what you will do if your baby keeps crying and you become upset or even angry. Always remember, it is normal for a baby to cry. This is how they communicate with you.
- If you are becoming frustrated or stressed put your baby in a safe place and seek help

