

Where to get help

- Friends and family members
- Your Midwife.
- Your GP / doctor
- Barnardos
Phone: 0800 4 BARNARDOS (0800 4 22762 737)
Barnardos Parent Helpline: 0800 4 PARENT (0800 4 727 368)
Fax: 64 4 382 6700
www.barnardos.org.nz
- PlunketLine
0800 933 922 (24hrs, 7 days a week)
www.plunket.org.nz
Email: plunket@plunket.org.nz
- Family Works - Parents Helpline
0800 4 727 368
www.northern.familyworks.org.nz
- Child, Youth and Family
0508 FAMILY (0508 326 549)

Telephone counselling lines

- Shine*
0508-DVHELP (0508 384 357)
The helpline operates 7:30am -11pm
www.2shine.org.nz
- Lifeline phone 24hrs, 7 days a week
64 9 522 2999 (within Auckland)
0800 543 354
- Youthline for young parents
0800 376 633 or Txt 234
24hrs, 7 days a week



One shake is
all it takes for
consequences to
last a lifetime

Never, Ever, Shake A Baby

How to Prevent Shaken Baby Syndrome

kia u ki te tika me te pono
integrity, respect, innovation, effectiveness





If you think you might lose control

- DO NOT pick up baby!
- If you are holding baby, put him/her down, Make sure baby is safe. Leave the room.
- Sit down, Try doing something that usually relaxes you. Take a bath or shower
- Call a friend or family, Talk to your neighbour
- Check baby often, but DO NOT pick baby up until you are calm.
- Read the "Coping with a Crying Baby" brochure.
- Call your Midwife, GP or one of the crisis numbers listed in this brochure.

IF YOUR BABY HAS BEEN SHAKEN DO NOT LET FEAR OR PRIDE STOP YOU FROM SEEKING MEDICAL HELP IMMEDIATELY

What is Shaken Baby Syndrome?

Shaken Baby Syndrome, or SBS, is the name given to the constellation of serious injuries that can occur when a baby is shaken.

It is the single most preventable cause of serious head injury in babies under one year of age in New Zealand.

It is 100% PREVENTABLE

The number one reason given for shaking a baby is "I just wanted the baby to stop crying".

Shaking often occurs when parents, babysitters or other caregivers become frustrated and lose control when they are not able to calm a crying baby.

Shaking a baby or young child can cause:

- Permanent brain damage
- Paralysis
- Blindness
- Deafness
- Seizures (fits)
- Broken bones
- Delays of normal development
- DEATH

How to prevent Shaken Baby Syndrome

NEVER, EVER Shake a Baby!

- It is never ever okay to shake a baby. Make sure that all the people who care for your baby know this.
- Never leave your baby alone with someone that you know has an anger problem or violent temper.
- Have a plan of what YOU will do if your baby keeps crying and you become upset or angry. There are things you can do and people who can help you.
- Remember, crying is normal behaviour for babies. It is one of the few ways they have to communicate.

Crying does not mean that they are being naughty.

You can get more information from:
www.kidshealth.org.nz (preventing Shaken Baby Syndrome)