

Never shake a baby



Taking care of a baby is a big responsibility.

- Maybe the baby has been crying a lot, and you cannot figure out why
- Maybe you are just plain tired and at the end of your rope

While it is OK to feel upset, it is NEVER OK to shake a baby. Shaking a baby can cause serious injury or even death!

Why do babies cry? Babies usually cry because they need something. Normally babies cry when they are

- hungry
- tired
- wet
- uncomfortable
- Sometimes your baby just wants to be picked up and held

Healthy babies may cry up to two or three hours a day. A baby with colic may cry all day long. For more information on healthy babies please contact Ottawa Public Health Information: 613-580-6744; toll-free 1-866-426-8885.

Things to try:

- give the baby a bottle or breastfeed
- gently rub the baby's tummy
- offer a pacifier—sucking is a comfort
- walk or rock the baby snuggled up close to your chest so the baby can feel your heartbeat
- take the baby for a walk in the fresh air
- sing or talk to your baby
- wrap the baby in a soft blanket
- call a friend or relative to talk about your frustration or see if they can relieve you for a while

Even the most patient of parents can get nervous or angry when their baby continues to fuss and cry despite their best efforts. They may even feel like shaking or hitting the baby...if you feel this way: take a break from the baby, hand him/her to someone else. If you are alone, it is ok to put the baby in the crib or playpen for a little while. All parents have the occasional feeling of anger and frustration. However, you must not take them out on your baby.

If you need help call (613) 747-7800

The Children's Aid Society of Ottawa (613) 747-7800