

STATE OF OHIO

Ohio Department of Health

SHAKEN BABY SYNDROME PROGRAM

As the proud parent of

I KNOW: It is my job to keep my baby safe.

I KNOW: Crying is normal. Babies cry 2 to 3 hours a day. Crying can last an hour at a time. Babies cry more often in the afternoon and evening. Crying increases when babies are 2 weeks old, and gets worse at 2 months old.

I KNOW: Caring for a crying baby can be frustrating. Sometimes, even the best parents and caregivers cannot figure out why a baby is crying. Sometimes, even the best parents and caregivers cannot soothe a crying baby.

I KNOW: Shaking can seriously injure or kill my baby. Instead of shaking, I will try to calm my baby by:

I WILL NOT SHAKE MY BABY.

I PROMISE: If I become stressed out, I will place my baby on his/her back in a safe crib and call a friend for help:

Friend: _____ Phone: _____

I WILL NOT SHAKE MY BABY.

I PROMISE: I will choose my baby's caregivers wisely. I will tell them not to shake my baby. I will tell them to call me if they are stressed out by crying. I will not leave my baby with anyone who will become angry if my baby cries or bothers them.

I PROMISE TO PROTECT MY BABY BY NOT SHAKING AND TELLING OTHERS NOT TO SHAKE MY BABY.

Parent: _____

Date: _____

Keep this certificate as a reminder of your promise to protect your baby.

