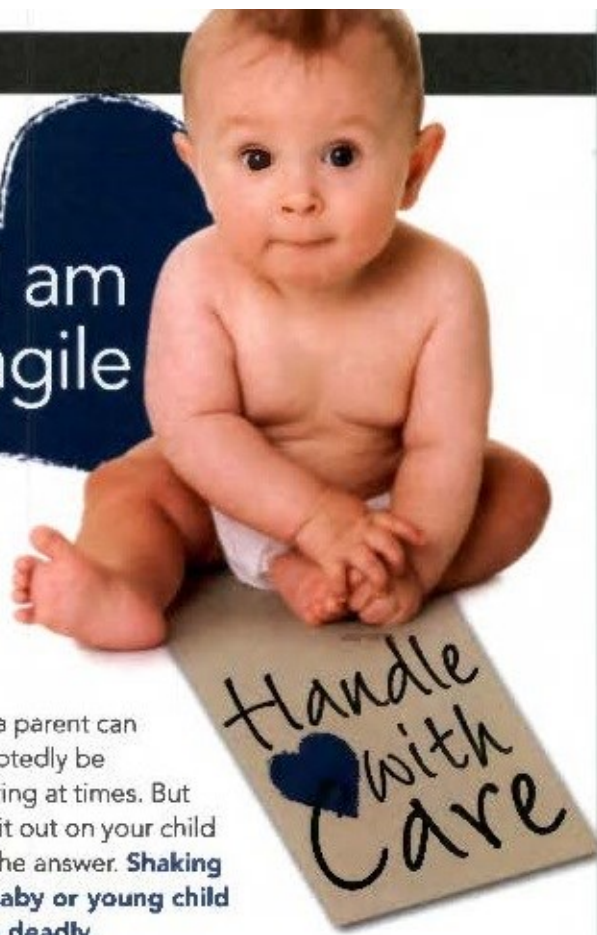




I am  
Fragile



Being a parent can undoubtedly be frustrating at times. But taking it out on your child is not the answer. **Shaking your baby or young child can be deadly.**

- **NEVER** shake an infant or preschool child for any reason.
- **ALWAYS** provide support for your baby's head when transporting, holding, or playing.
- **DON'T** hold a baby when feeling angry or having an argument.
- **DO** make sure **ANYONE** who has contact with your child knows the dangers of shaking - including babysitters, childcare personnel and family members.

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**If a shaken baby survives, the health risks are immense.**

- Brain damage, learning disabilities and developmental delays
- Spinal injury, cerebral palsy and paralysis
- Breathing, hearing and vision problems
- Nerve damage, seizures and tremors
- Broken bones

**Babies cry... it is okay.**

Crying is their way of telling us what they want or need.

- Is your baby too hot or too cold?
- Is a diaper change needed?
- Is your baby hungry? Try feeding your baby.
- Burp your baby (trapped gas can be painful).
- Offer your baby a pacifier.
- Check your baby for illness.
- Hold the baby against your chest and walk or rock gently.
- Take the baby for a ride in a car or stroller.

**Mommies and Daddies need time-outs too!**

If you need to take a break, it is okay if your baby cries while you do.

- Take slow, deep breaths and count to 20
- Go to another room if needed
- Put on your favorite music or even take a shower

And if nothing seems to be working, realize **you are not alone**. Call a friend, a family member, a counselor, or your doctor for support.

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