

EVERY BABY CRIES - YOU CAN COPE

Babies cry to communicate their needs. It doesn't mean that the baby is angry or is mad at its caregiver. The baby may need something or may cry to relieve stress. Here are some suggestions for dealing with a crying baby:

- Walk with the baby held close to your chest.
- Check to see if the baby is hungry or wet.
- Take the baby for a ride in the car or stroller.
- Try a pacifier.
- Play soft music, sing, rock or dance with the baby.

If you begin to feel stressed by the baby's cries, take a break.

- Ask a friend, family member or other trusted adult to watch the baby for a short time.
- If all else fails, put the baby in a safe place and walk away.

REMEMBER
THE CRYING WILL PASS.
NEVER SHAKE OR HIT A BABY

SHAKEN BABY SYNDROME (SBS)

Shaken Baby Syndrome refers to injuries that occur when a baby is shaken and/or slammed, usually in an attempt to stop the baby from crying.

This serious form of child abuse can result in disabilities such as seizures, Cerebral Palsy, blindness or paralysis. **One out of four babies who is shaken dies from its injuries.**

SYMPTOMS OF SBS INCLUDE:

- Irritability/Fussiness
- Feeding problems
- Vomiting
- Tiredness/Sleepiness
- Difficulty breathing
- Semi-consciousness or coma

**WHAT SHOULD I DO IF I THINK
MY CHILD HAS BEEN SHAKEN?**

Get immediate medical help.
Call 911 or take your child
to an emergency room.

WHAT IS SUDDEN INFANT DEATH SYNDROME? (SIDS)

- SIDS is the sudden and unexplained death of a baby under one year old.
- SIDS is the #1 cause of death in babies between one month and one year.
- Most SIDS deaths occur when babies are two to four months old.
- More deaths occur in the fall and winter months.
- In Texas, warm weather presents additional risks.

TO REDUCE THE RISK FACTORS OF SIDS:

- **BABIES SHOULD ALWAYS SLEEP ON THEIR BACKS, EVEN FOR NAPS.** (Share this information with everyone who cares for babies.)
- Breastfeed when possible.
- Keep the baby's head and mouth uncovered.
- Don't let the baby get too warm during sleep.
- A safe crib includes a firm mattress with no fluffy, loose bedding, stuffed animals or thick bumper pads. Avoid soft quilts and comforters.
- Exposure to cigarette smoke increases the risk of SIDS. Don't smoke before or after the birth or allow others to smoke around the baby.

CO-SLEEPING (baby sleeping in your bed)

The American Association of Pediatrics suggests that co-sleeping (the baby sleeping in the parent's bed) should be discouraged.



- The risk of a SIDS episode increases when the baby is allowed to share the parent's bed.
- Infants should not co-sleep if either parent is a very deep sleeper, seriously overweight, using medications or has been drinking.
- If parents do decide to share their bed with the baby, precautions should be taken to make the bed safe for the baby. See guidelines for a safe crib under the SIDS section above.

"WHAT'S WRONG WITH ME?"

Nothing. It's not your fault! After childbirth, most women experience some feelings of sadness, exhaustion and anxiety. One in ten mothers has more severe symptoms called **postpartum depression**.

Postpartum depression symptoms may include:

- Hopelessness, anger and exhaustion
- Changes in appetite and sleep patterns
- Lack of interest in the baby
- Mother has thoughts of harming the baby or herself
- No desire for enjoyment

WHAT CAN I DO?

**CALL YOUR DOCTOR OR CLINIC IF YOU HAVE
THOUGHTS OF HURTING YOURSELF OR YOUR INFANT,
IF YOUR FEELINGS ARE SEVERE,
OR IF THEY LAST MORE THAN 2 WEEKS.**

IMMUNIZATIONS

The shots babies receive during the first year and a half of their lives are very important. These shots make sure that your baby won't get diseases like Mumps, Measles or Chicken Pox. **IMMUNIZATIONS ARE REQUIRED BY THE STATE OF TEXAS.**

Childhood Immunization Schedule

	Birth	2 Months	4 Months	6 Months	12 Months	15-18 Months
HBV: Hepatitis B ¹	*	*		*		
Diphtheria, Tetanus, Pertussis (Whooping Cough)		*	*	*		*
Hib CV: H. influenza B		*	*	*	*	
IPV: Poliovirus		*	*			*
MMR: Measles, Mumps Rubella					*	
Varicella: Chicken Pox						*
Pneumococcal Conjugate ⁶		*	*	*	*	
Influenza ⁷				*		* → *

Newborn screening tests should be done by two (2) weeks of age.

Call your doctor to ensure your baby gets immunizations at the appropriate times.