



Do not be afraid when playing

It varies quite differently from individual to individual regarding how much and what exact harm shaking a baby causes. But one thing is certain: gently rocking when playing or clumsily handling the child does not lead injuries and consequences which are often described and reported.

Information and counselling

- Deutscher Kinderschutzbund, Landesverband Bremen [German Child Protection Agency, State Association of Bremen]
Stress hotline for parents Tel. +49 (0) 4 21 - 24 01 12-20
Hotline for parents Tel. 0800-111 05 50
- At the Children's and Adolescents' Emergency Service Bremen: Tel. +49 (0) 4 21 - 340 4444
North Bremen: Tel. +49 (0) 4 21 - 66 06 18 00
Bremerhaven: Tel. +49 (0) 4 71 - 192 92
- Public Health Department, Family Midwives
Tel. +49 (0) 4 21 361 - 152 45
- Gesundheitsamt Bremerhaven, in the family counselling and early childhood health promotion divisions,
Tel. +49 (0) 4 71 - 661 28; - 521 33; - 386 33
- With friends, parents and relatives and in your paediatrician's office

Additional addresses: **www.tk.de** (webcode **521234**)

In cooperation with

Gesundheitsamt Bremen [Bremen Public Health Department]
Tel. +49 (0) 4 21 - 361 - 151 15
E-mail: sozialpaediatric@gesundheitsamt.bremen.de

Gesundheitsamt Bremerhaven [Bremerhaven Public Health Department]
Tel. +49 (0) 4 71 - 590-29 68
E-mail: natalie.root@magistrat.bremerhaven.de

Issuer

Techniker Krankenkasse (TK)
Landesvertretung Bremen
[Representation of the State of Bremen]
Tel. +49 (0) 4 21 - 305 05-400
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Cooperation partners

Die Senatorin für Wissenschaft,
Gesundheit und Verbraucherschutz



Freie
Hansestadt
Bremen



Do not shake babies!
Shaking is dangerous to life

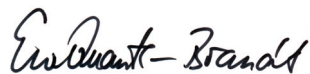


Dear Parents,

The first months with your baby are a very special stage of life with many happy moments and yet with great challenges. It is typical for parents to reach their limits. One example is when your child is crying and cannot be calmed down. The knowledge that they are not alone with this problem helps parents cope with frustration and anger. Having the courage to talk with others and get advice and help is the right way to deal with this.

We wish you and your child all the best!

With kind regards,



Prof. Dr. Eva Quante-Brandt
Senator for Science, Health and
Consumer Protection, Bremen



Sören Schmidt-Bodenstein
Head of the TK Representation of the State of Bremen



My baby cries continuously

When your baby cries there is always a reason for this, even if you do not immediately realise or recognise what this is.

Healthy babies cry if and when they

- are hungry or tired,
- have a full nappy (diaper),
- would like to hear your voice or
- need physical contact.

Healthy infants cry on an average of two to three hours a day – but sometimes also much longer. In exceptional cases, they also cry the whole day with only short interruptions. This can be normal and not be due to illness or any other ailments.

Pay attention to changes in crying

Contact your paediatrician or your parental counselling centre if your baby

- cries longer and louder than usual,
- gives the impression that he/she is ill or
- cries so much that it alarms you.

Are you at your wit's end?

Have you tried everything possible and your baby still continues to cry? Do you feel that you are getting slowly tired and losing patience? Because your baby cries and

cries and cries and you are exhausted and unnerved? Then now it especially comes down to keeping calm!

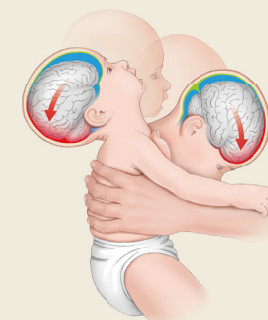
What else you can do

- Rock/sway the baby gently on your arm.
- Walk around slowly with your baby or go for a stroll.
- Speak to the baby or sing softly.
- Gently stroke or massage the stomach.
- Let your family/friends help you.

Try to think of other things

Try to gain a bit of distance, for example by leaving the room briefly and/or by speaking with someone you trust on the telephone. You can also obtain advice and help from the contact centres listed overleaf.

Why shaking is so dangerous:



The baby's head slams back and forth when it is shaken. The brain is very vulnerable in the case of small children. Even hasty movements without holding the head can be dangerous. A laceration of blood vessels in the brain comes about

through shaking. These haemorrhages can lead to permanent brain damage, which can even be severe under certain circumstances, such as, for example:

- developmental disorders with losses of vision, hearing or speech,
- physical and mental handicaps,
- behavioural disorders and
- convulsion disorders, leading to death!

