

Shaken Baby Syndrome Prevention Project for Mariposa County

Mariposa Safe Families, with support from First 5 Mariposa County, is conducting a prevention effort to educate current or future parents and caregivers about Shaken Baby Syndrome. Educational materials and technical support are available by calling or emailing Mariposa Safe Families.

Shaken Baby Syndrome (SBS) results from injuries caused by someone vigorously shaking an infant. The perpetrators in SBS cases are almost always parents or caregivers who shake the baby out of frustration or stress when the little one is crying inconsolably. The potential outcome is generally severe brain damage or death.

SBS is 100% preventable — there are many things you can do to prevent it:

- Be available to help a parent or caregiver
- Leave the baby in a safe, secure place, take deep breaths and count to 10
- Go to another room or area of the house
- Ask someone else to watch the baby for you — a parent, grandparent, neighbor, or friend
- Gently rock or give the baby a bottle or pacifier
- Take the baby out of the house for a ride in a stroller or a car
- Be patient. If you find you can't calmly care for the baby, or have trouble controlling your anger, take a break and let the baby cry it out.

Remember, no matter how angry or impatient you feel — never shake a baby. EVER.

For more information contact [Mariposa Safe Families](#) or [dontshake.org](#).