



**STOP THAT SHAKE
BABIES BREAK**

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Aims and Objectives

The project aims to:

- Share information on Shaken Baby prevention with all who care for or who have contact with babies and small infants

Objectives are:

- To educate on the dangers of NAHI before young people become parents.
- Give support to professional's working with young families
- Raise awareness about infant needs and coping strategies
- Empower carers with ideas what to do if they feel angry
- Ensure parents let babysitters know how to keep baby safe



When a baby cries

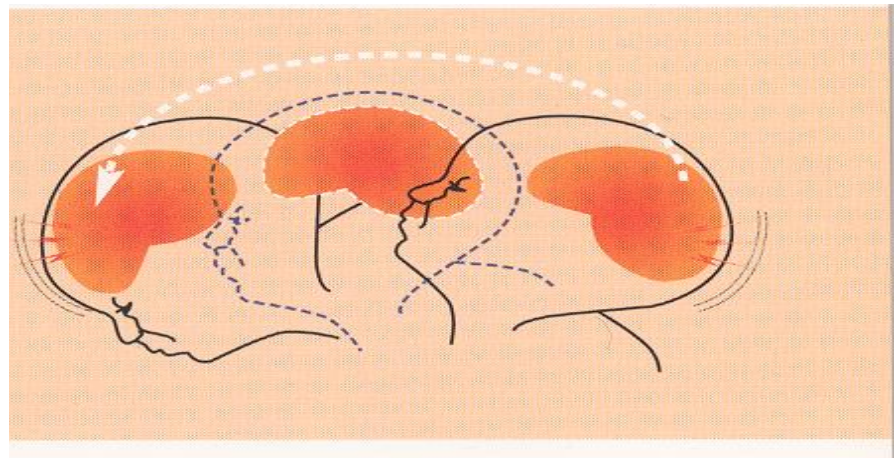
Babies can scream at 110 decibels, which is nearly on a par with an emergency siren. To an emotionally exhausted and sleep-deprived parent this can soon seem unbearable.



It is suggested that both child abuse and accidents are failures of carers to protect small children adequately. In abuse children are not protected from adult anger and in accidents they are not protected from dangerous environments. Prevention must address both types of failure

Shaken Baby Syndrome

- *What is it?* - It is a head or neck injury which can happen when an infant or a young child is shaken.
- *What happens?* - A baby's head is large and heavy for its weak neck. Muscles tone in the neck, to maintain an upright head posture, is yet to fully develop and the weak neck can break. The developing brain can also bang against the hard shell of the skull and cause intracranial bleeding and haemorrhage. This can result in:
 - Brain damage
 - Spinal Cord Injury
 - Paralysis
 - Retardation
 - Blindness/Eye damage
 - **DEATH**



Background and Theory

- Incidence of NAHI in the UK is estimated at approx:
 - 25 per 100,000 in babies <12 months¹
 - 37 per 100,000 in babies < 6 months²
- This is likely to underestimate the true incidence because:
 - Difficult to ascertain whether an injury is abuse or accidental
 - Infants may never attend hospital with minor injuries – infants who do get to casualty are considered to be ‘the tip of the iceberg’



1. Barlow KM, Minns RA. *Lancet* 2000; 356: 1571–1572.
2. Kemp A, Coles L. *Child Abuse Review* 2004; 12(6): 374–383.

Key Information

- Perpetrators are more likely to be male.
- NAHI occurs more in families who have emotional illness, history of domestic abuse criminality or child abuse.
- One study showed that a 1/3 of families where NAHI had occurred had none of these characters (Coles and Kemp 2003)
- Prevention programmes are not widely available
- **Causes and triggers** include crying, lack of knowledge and distorted expectations about child development, excessive parental tiredness leading to raised stress levels



Coping Mechanisms

Trigger

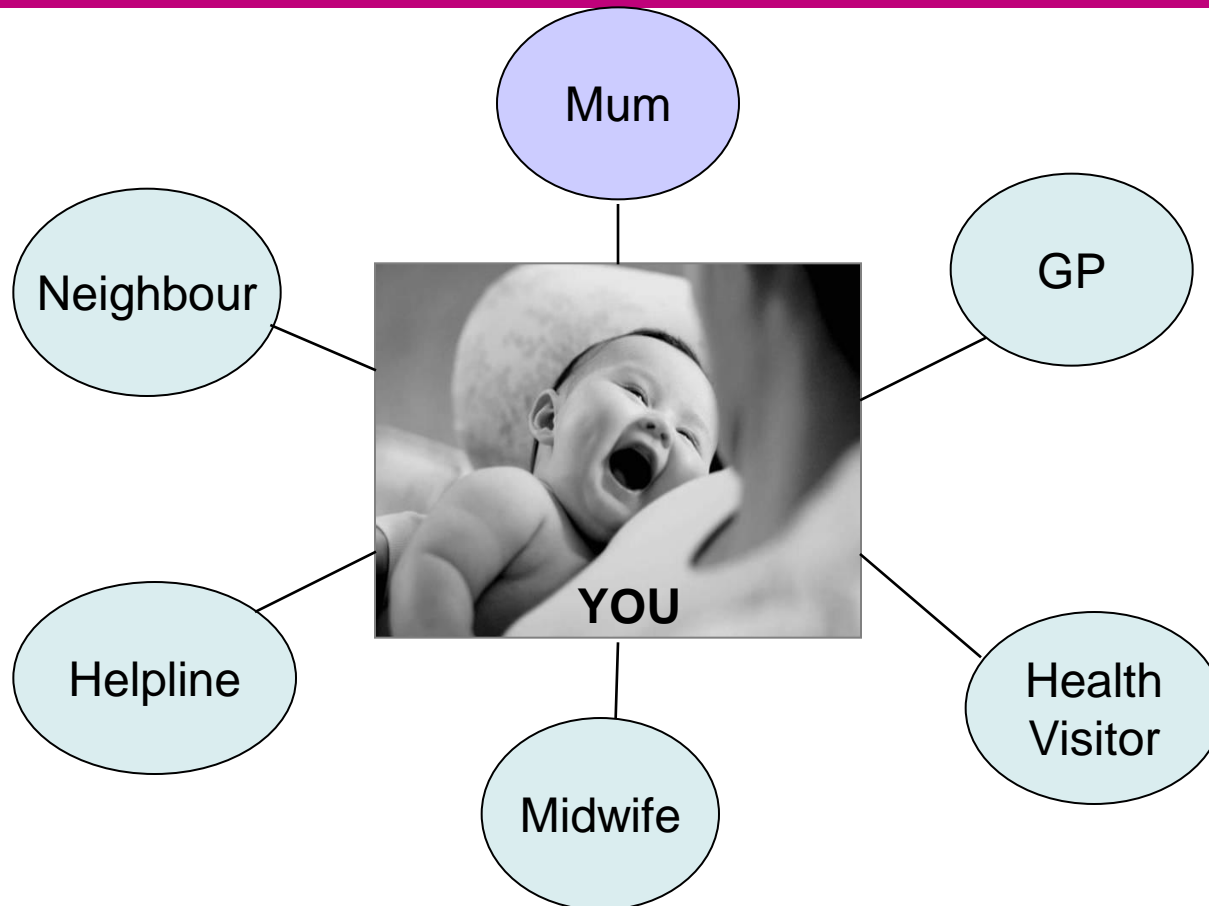
- Crying
- Lack of support
- Exhaustion/Low mood
- Unrealistic parenting

What will you do?

- Ask for help
- Call a friend
- Place baby safe in cot leave the room
- Make a hot drink, pop outside and take a breather



Sources of Support



Remember....It is a sign of good parenting to ask for Help!!



Sources of Support

The following external organisations all provide support to new parents:

- **CAPT** – Child Accident Prevention Trust
www.capt.org.uk; 020 7608 3828
- **Cry-sis** – Helpline for parents with crying and sleepless children
www.cry-sis.org.uk; 08451 228 669
- **Fatherhood Institute** – Online magazine for fathers and fathers-to-be
www.fatherhoodinstitute.org; 0845 634 1328
- **Mumsnet**
www.mumsnet.com
- **NHS Direct**
www.nhs.uk; 0845 4647
- **NHS resources** – Parenting group, midwife, GP, health visitor, community nurse, family worker
- **NSPCC** – National Society for the Prevention of Cruelty to Children
www.nspcc.org.uk; 24/7 helpline 0808 800 5000
- **Positive Parenting Tips** – Handle with Care leaflet
www.yourfamily.org.uk
- **Parentline Plus** – 24/7 support free from landlines and most mobiles
www.parentlineplus.org.uk; 0808 800 2222
- **RoSPA** – Royal Society for the Prevention of Accidents
www.rospace.com; 0121 248 2000
- **Young Dads** – A website aimed at young first-time fathers to answer questions they may be too embarrassed or intimidated to ask midwives
www.youngdads.co.uk

