



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

- Direct on-site support via local network.
Early help – contact/coordination at www.fruehehilfen-thueringen.de
- Counselling and support via your youth welfare office
www.kinderschutz-thueringen.de
- Paediatric early detection screenings in your paediatric practice
- Local pregnancy counselling centres
- Educational and family counselling centres at www.bke.de
- Online help at www.bke-elternberatung.de
- Nummer gegen Kummer [Number for worried parents] (hotline for parents): **0800 - 111 05 50**
(Monday to Friday from 9 a.m. to 11 a.m./
Tuesday + Thursday 5 p.m. to 7 p.m.)
www.nummergegenkummer.de
- www.bitte-nicht-schuettern.de

In cooperation with

Thuringian Ministry of Education,
Youth and Sport

Thuringian Ministry of Labour,
Social Welfare, Health, Women
and Family Affairs

Landesarbeitsgemeinschaft
Kinder- und Jugendschutz in
Thüringen e. V.
(State Working Group for Child
and Youth Protection in Thuringia,
registered association)

Order flyer at:
info@jugendschutz-thueringen.de

Publisher
TK-Landesvertretung Thüringen
Schlösserstraße 20
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Do not shake babies!
Shaking is dangerous to life



Dear Parents,

Your baby is finally here! These first few months with your child will be full of many happy moments. But at the same time these months are especially challenging for parents. You want to do everything so that your child thrives. And yet you notice that there are situations in which you reach your limits. Be assured, it is the same for all parents. Do not hesitate to ask for help if you have the feeling of not being able to cope at any time. Paediatricians, midwives as well as health authorities and youth welfare offices will gladly help you.

We wish you and your child a good start to your life together!

Yours sincerely,

Birgit Klaubert

Dr. Birgit Klaubert
Thuringian Minister of Education, Youth and Sport

Heike Werner

Heike Werner
Thuringian Minister of Labour, Social Welfare, Health,
Women and Family Affairs



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!

