



# Shaken Baby Syndrome/inflicted Traumatic Brain Injury

Shaken Baby Syndrome (SBS), also known as inflicted Traumatic Brain Injury (iTBI), happens when a parent or caretaker shakes a child so that the unsupported head moves violently back and forth, causing damage to the brain and blood vessels as the brain repeatedly hits the skull.

- **SBS/iTBI is a form of child abuse. It can also be a tragic result of rough play.**
- **The length of shaking varies, usually ranging from five to 20 seconds.**

*National Center on Shaken Baby Syndrome*

- **Approximately 30 of every 100,000 children under the age of one suffers SBS/iTBI.**

*Journal of the American Medical Association*

- **One in three children dies as a result of SBS/iTBI abuse.**

*Brain Injury Association of America*

- **The most frequent age of SBS/iTBI victims is between three and eight months, although it is occasionally seen in children up to four years old.**

*KidsHealth for Parents*

- **In 60 to 90 percent of SBS/iTBI cases, it is estimated that a male, usually the baby's father or mother's boyfriend, causes the abuse.**

*KidsHealth for Parents*

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**Brain Injury  
Association  
of Minnesota**

# Signs and Symptoms of SBS/iTBI

Violent shaking is dangerous to young children because their neck muscles are not fully developed and their brain tissue is very fragile.

Immediate consequences can include:\*

- pause in breathing
- extreme fussiness
- seizures
- limp arms and legs
- vomiting
- death

Long-term consequences can include:\*

- learning disabilities
- physical disabilities
- partial or total blindness
- hearing impairment
- brain damage
- cerebral palsy

*\*Brain Injury Association of America*

## Prevention of SBS/iTBI

Even the most kind and loving caregiver can become frustrated by a crying child. These feelings don't make you a bad parent or caregiver. The key to preventing SBS/iTBI is learning ways to cope with an upset child. The following are suggestions from the Shaken Baby Alliance:

- Take a deep breath and count to 10
- Make sure the child's basic needs (e.g. food, diaper, clothing) are met
- Take the child for a walk or a car ride
- Call a friend, relative or neighbor to come over for support
- Put the child in their crib, making sure they are safe, close the door, and check on them every five minutes
- Call the Crisis Connection Hotline at 612-379-6363 or 911 for help

***NEVER, NEVER SHAKE A CHILD***

## For Assistance and More Information

If you or someone you know has been involved in a SBS/iTBI situation and a brain injury is suspected, please contact the Brain Injury Association of Minnesota at 800-669-6442 or visit the Web site at [www.braininjurymn.org](http://www.braininjurymn.org).

On-site, customized training on SBS/iTBI is available for parents, community members and professionals – including day care providers, advocates, and legal, healthcare, law enforcement, and community-based staff. Call 800-669-6442 to schedule a training.

This information is for educational purposes and should not substitute medical advice. If you or someone you know is in immediate physical danger or needs medical attention, call 911.