

## Pinellas County License Board for Children's Centers & Family Child Care Homes

Our mission is to protect and promote the health, safety, and mental development of children cared for in children's centers and family child care homes in Pinellas County

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**Faith Bornoff, M.Ed., Executive Director**  
**Michael G. Mikurak, Chairperson**



### Shaken Baby Syndrome and Abusive Head Trauma

Shaken baby syndrome is completely preventable. Taking care of a baby can present challenges. It is important to remember that it is never acceptable to shake, throw or hit a baby.

Preventing, recognizing, and responding to, and reporting Shaken Baby Syndrome and Abusive Head Trauma (SBS/AHT) is an important function of keeping children safe, protecting their healthy development, providing quality child care and educating families. Abusive head trauma can occur in children up to 5 years of age; infants less than one year are at greater risk of injury. Shaken baby syndrome can lead to serious conditions including:

- Brain damage, problems with memory and attention, cerebral palsy.
- Blindness or hearing loss.
- Intellectual, speech or learning disabilities.
- Developmental delays

Infant crying is normal behavior, which improves as a child ages. **As caregivers you are now required by law to have a written policy and procedure to identify and prevent shaken baby syndrome and abusive head trauma.** Your policy/procedure should have proactive strategies to manage stress levels and appropriate responses to a crying child. This includes being self-aware and noticing when you may become frustrated or angry. Listed below are some websites that can be used as a resource to help you write your policy and procedure:

<https://www.brainline.org/article/head-injury-prevention-tips>

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Abusive-Head-Trauma-Shaken-Baby-Syndrome.aspx>

<https://www.dontshake.org/>

