

Don't shake babies

Information for parents

It is not OK to shake babies

People often don't realise that shaking a baby can be very harmful to the baby and cause serious damage.

Babies have very soft brains and their blood vessels are fragile. They can break and bleed easily.

When a baby is shaken the brain hits against their hard bony skull. The blood vessels in the brain rupture and bleed, resulting in haemorrhages which can cause brain damage.

This can cause delayed physical and mental development (retardation)

Other related problems can include poor co-ordination, speech and language defects, learning disabilities, and if severe, paralysis and even death.

A lot of people think it is OK to shake a baby instead of smacking them. Some people like to throw their children high into the air before catching them.

Both of these practises are dangerous and could be harmful.

Your baby is too precious to shake.

For help and advice or further information about this information sheet contact your well child provider or the free Plunket Line 0800 933 922

This leaflet provides a guide only. If you have concerns or want more information about your baby, ask the doctor or nurse providing your baby's care.