

Our Mission & Our Membership

The Brain Injury Association of New Jersey, Inc. provides education, outreach, prevention, advocacy and support services to people affected by brain injury and to the general public. It is a chapter of the Brain Injury Association of America.

BIANJ members include people with brain injuries, their families and friends, corporations and non-profit organizations, physicians, therapists, attorneys and rehabilitation service providers.

The association is funded by state grants and private contributions. To find out how you can become a member or donate to support our services, contact us at 732-745-0200.



How to Prevent Shaken Baby Syndrome

BRAIN INJURY ASSOCIATION OF NEW JERSEY



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A baby is a precious gift. Every parent's intention is to love and protect his or her child. What if the child's crying becomes too much to handle?

The wrong answer can be devastating. The right answer: Take a deep breath and calm down. Preventing shaken baby syndrome is about knowing what to do when angry.

Shaking is Abuse

Shaking a baby is child abuse. Babies' heads are large and heavy and their neck muscles are weak. When vigorous shaking occurs, the brain becomes injured because it bounces inside the skull cavity, bruising brain tissue and causing bleeding in the baby's brain.

The consequences for the baby can be severe. In the short term, a baby may lose consciousness, stop breathing, have a seizure or even die. In the long term, children shaken as babies can have lifelong consequences from the brain injury, like learning and speech difficulties, blindness, seizures and hearing impairments.

Prevention is the Answer

If you are afraid that anger, frustration and stress may cause you to harm your child:

- ① **Stop:** Put the child in a safe place and leave the room for a few minutes.
- ② **Calm Down:** Call a friend or neighbor for help. Take 10 deep breaths. Take 10 more. Do something for yourself. Change your activity. Sit down, close your eyes and go to a pleasant place in your memory.
- ③ **Try Again:** When you feel calm, go back to the baby and begin again.

One shaken baby in three dies as a result of this abuse.



Shaken Baby Syndrome

- One shaken baby in three dies as a result of this abuse.
- The average age of a shaken baby is between three and eight months.
- Caregivers who shake babies usually do so out of stress, anger or frustration.

For more information about preventing Shaken Baby Syndrome, contact the Brain Injury Association of New Jersey at **1-800-669-4323** (in New Jersey) or 732-745-0200, or visit our website at www.bianj.org.