



Training Facilitator's Guide

PM= Participant Manual

FC= Flip Chart

PPT= PowerPoint

Color of Title= Orange

Color of FC= Light Green

Color of PPT= Light Blue

Color of Activity= Purple

Shaken Baby Syndrome Prevention

Learning Objectives:

- ▶ Define Shaken Baby Syndrome SBS
- ▶ Identify the signs and symptoms of SBS
- ▶ Explore common triggers to shaking a baby
- ▶ Teach parents how to formulate a plan for handling frustration, anger, and stress when a baby cries
- ▶ Identify resources for SBS prevention
- ▶ Raise awareness on parental experience

Agenda

- I. Welcome and Introduction 5 min
 - II. Pre-Test 5 min
 - III. [Module 1-Define SBS & identify signs and symptoms] 10 min
 - IV. [Module 2-County Statistics & Prevention Model] 5 min
 - V. [DVD-Portrait of Promise] 15 min
 - VI. [Module 3-Crying]-15 min with activity and hand out
 - a. Why do babies cry hand print activity
 - b. Why do babies cry-handout
 - c. Parent Frustration Plan
 - VII. Post-Test 5 min
- (Total Time 60 minutes)

Materials Needed

- PowerPoint Slides
- Facilitator's Guide
- Flip Chart and/or pre-made Group agreements
- Participant Folder: Participant Manual, Training Evaluation, Learning Assessment, 4 handouts:
 - Babies Cry
 - Infants States and Cues
 - Hand print
 - Parent Frustration Plan
- Table Buckets: Pens/Pencils/Markers/Post-It Notes/Toys
- Name tags
- DVD: Portrait of Promise

PREP: Put a welcome sign on the door with the name of the training. Set out sign-in sheet and flip chart/group agreements at front of room. Set out coffee, water, cups, and napkins on a side table. Arrange tables and chairs in pods of 4-5 persons at each pod. Place a Participant Folder & name card at each seat. Place pens, markers, post-it notes, & highlighters in a bucket within reach of each seat.

<div data-bbox="339 611 540 758" data-label="Image"> <p>Child Abuse Prevention Council of Sacramento, Inc.</p> </div> <div data-bbox="246 816 662 848" data-label="Section-Header"> <h2>Shaken Baby Syndrome Prevention</h2> </div> <div data-bbox="279 892 662 924" data-label="Text"> <p>Training provided by Child Abuse Prevention Council of Sacramento</p> </div> <div data-bbox="206 942 305 976" data-label="Image"> </div>	<div data-bbox="760 417 1302 457" data-label="Section-Header"> <h3>Welcome and Introduction (5 min)</h3> </div> <div data-bbox="760 464 1416 546" data-label="Section-Header"> <h4>PPT 1: Shaken Baby Syndrome Prevention Title Slide</h4> </div> <div data-bbox="760 554 1472 781" data-label="Text"> <p>Introduce yourself: Give your title and any relevant background information about your experience in training delivery and Shaken Baby Syndrome including Infant Safe Sleeping. Go around the room and have people state their name and what they hope to learn from the training.</p> </div> <div data-bbox="760 787 1450 898" data-label="Text"> <p>Review Housekeeping: Restrooms, breaks, training manuals, sign-in sheet, etc. (<i>make sure everyone has signed the sign-in sheet</i>)</p> </div> <div data-bbox="760 940 1469 1054" data-label="Text"> <p>Say: “This curriculum uses the SBS Simulator Doll and additional teaching aids to educate participants about the physical injuries cause by shaking a baby.”</p> </div> <div data-bbox="760 1094 1463 1287" data-label="Text"> <p>The curriculum presents the clinical symptoms of a severe shaking, the situations that can lead to a caregiver’s loss of control, and ways to anticipate and ease the frustration, anger, and stress that can occur when caring for a baby or young child.</p> </div> <div data-bbox="760 1329 1440 1480" data-label="Text"> <p>Say: To maximize the educational value of the SBS Simulator Doll and curriculum, this training involves viewing a recommended video titled: “Portrait of Promise.”</p> </div>
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Group Agreements

- Confidentiality

Workshop Goals

- › Define Shaken Baby Syndrome (SBS)
- › Identify the signs and symptoms of SBS
- › Explore common triggers to shaking a baby
- › Teach parents how to formulate a plan for handling frustration, anger, and stress when a baby cries
- › Identify resources for SBS prevention
- › Raise awareness on parental experience

Shaken Baby Syndrome is...

- › **Clinical Definition:** Shake Baby Syndrome, or SBS, is a form of Abusive Head Trauma (AHT) that causes bleeding over the surface of the brain, swelling of the brain, bleeding at the back of the eyes, and other injuries not seen together in any other disease or medical condition.
- › **Layperson's Definition:** Child abuse involving the shaking of a baby.

FC 1: Group Agreements

Facilitate the creation of group agreements on flip chart paper and post somewhere in view within the training room.

Say: Here are the ABC's for our Group Learning for the day:

A-Accept differences of opinions

B-Bring your full self here (thoughts, feelings, experiences)

C-Communication (One person speaks at a time, active listening) & Confidentiality....

D-Discuss & participate

E-Evaluations at the end...all constructive comments are welcome!

Have fun!

PPT 2: Workshop Goals/Learning Objectives

Say: We are going to Define, Identify, explore, teach and raise awareness for Shaken Baby Syndrome Prevention.

Ask: When you hear the term Shaken Baby Syndrome, what do you think of?

Define SBS & Identify Signs and Symptoms (10 min)

PPT 3: Shaken Baby Syndrome is...

Clinical Definition: Shake Baby Syndrome, or SBS, is a form of Abusive Head Trauma (AHT) that causes bleeding over the surface of the brain, swelling of the brain, bleeding at the back of the eyes, and other injuries not seen together in any other disease or medical condition.

Layperson's Definition: Child abuse involving the shaking of a baby.

PPT 4: What happens during shaking?

Activity: Demonstration Doll

Ask for a volunteer. Have the volunteer come up to the front (*or go over to where the volunteer is and have them stand*). Turn on the demonstration doll so it starts to cry. Ask the volunteer to model what they would do when a baby cries, i.e. check the diaper, feed the baby, sing, etc.

Now ask the volunteer to shake the baby, only until the first light comes on. Note, that it will still be

What happens during *SHAKING*...



Why is a baby so vulnerable?

- ▶ Heavy head - 25% of body weight
- ▶ Weak neck muscles - *Can't resist movement*
- ▶ Space inside skull - *Force increases*
- ▶ Delicate veins - *Tear and bleed easily*
- ▶ Brain is still developing - *Vulnerable to injury*

Immediate Signs and Symptoms of Severe Shaking

- ▶ Absence of response to stimulation
- ▶ Lethargy
- ▶ Convulsions
- ▶ Inability to make sounds
- ▶ Inability to track movement visually
- ▶ Difficulty breathing
- ▶ Blue-looking or dusty skin tone
- ▶ Unconsciousness
- ▶ Vomiting
- ▶ Crying quieted to whimpering due to brain damage
- ▶ Rolling eyes

crying.

Say: "At the first level of forceful shaking severe enough to cause injury, the back of the simulator's brain lights up. A baby would become visually impaired or blind."

Now ask the volunteer to shake the baby a bit more.

Say: "At the second level of forceful shaking, the front of the simulator's brain lights up, and the baby would have additional injuries that would cause loss of memory and emotion. The loss of these functions can cause learning disabilities and behavioral disorders."

Say: "At the third level of forceful shaking, injury to the brain is extensive. The sides of the simulator's brain light up in addition to the back and front. The baby would lose the ability to speak and hear, and would be paralyzed on one or both sides. This level of force can result in death."

NOTE: Allow enough time after the simulation for questions and answers

PPT 5: Why is a baby so vulnerable?

Ask the large group this question, before clicking for each bullet point to show up on the power point.

Heavy head - 25% of body weight

Weak neck muscles - Can't resist movement

Space inside skull - Force increases

Delicate veins - Tear and bleed easily

Brain is still developing - Vulnerable to injury

PPT 6: Immediate Signs & Symptoms

Say: We've already discussed what happens internally to a baby that is shaken, so let's talk about what a shaken baby might look like (on the outside).

Immediate Signs and Symptoms of Severe Shaking

Absence of response to stimulation

Lethargy

Convulsions

Inability to make sounds

Inability to track movement visually

Difficulty breathing

Blue-looking or dusty skin tone

Unconsciousness

Vomiting

Long Term Effects

- ▶ Learning and cognitive disabilities
- ▶ Behavioral disorders
- ▶ Blindness
- ▶ Paralysis on one or both sides
- ▶ Trauma-induced seizure disorders
- ▶ Loss of motor control
- ▶ Death



Sacramento County Statistics

- ▶ In 2009, 5 Sacramento babies were **hospitalized** for SBS or abusive head injuries. (~10 % of California cases)
 - ▶ 1 one year old & 1 two year old were treated and released or transferred to a different hospital
- ▶ In 2010, 6 Sacramento babies were **hospitalized** for SBS or abusive head injuries. (~9 % of California cases)
- ▶ On average, 1-2 cases per year of SBS fatalities are **not counted** in hospital data because the infant died at the scene.

Prevention Works

SBS is preventable **WITH EDUCATION.**

When parents and caregivers know ...

the injuries that shaking causes

and

ways to manage their frustration and stress

... they will **STOP** before they **SHAKE.**

Crying quieted to whimpering due to brain damage
Rolling eyes

PPT 7: Long Term Effects

Read Slide.

Learning and cognitive disabilities

Behavioral disorders

Blindness

Paralysis on one or both sides

Trauma-induced seizure disorders

Loss of motor control

Death

Sacramento County Statistics & Prevention Module

PPT 8: Sacramento County Statistics

Say:

This slide used to say, "More infants die from SBS in Sacramento than from auto accidents." This is no longer the case. However we do have some statistics on SBS cases leading to hospitalization (not death).

California has 58 counties.

In 2009 5 babies were hospitalized for SBS or AHI in Sacramento County. That is almost 10% of the 48 total cases in the state.

In 2010, 6 babies were hospitalized for SBS or AHI in Sacramento County. There were 51 total cases.

1-2 cases per year of SBS fatalities are not counted in hospital data because the infant died at the scene

PPT 9, 10: Prevention Works

Read Slide.

SBS is preventable **WITH EDUCATION.**

When parents and caregivers know . . .

the injuries that shaking causes

and

ways to manage their frustration and stress

. . . they will **STOP** before they **SHAKE**

Strength-Based Approach & Universal in application

Sacramento County's SBS Prevention Program

- ▶ Strength-Based Approach & Universal in application involving:
 - ▶ 8 birthing hospitals in Sacramento who are committed to prevention
 - ▶ Involves local home visitation programs in Sacramento

Before discharged from the hospital...

- ▶ Parents are shown a brief training videotape (Portrait of Promise) that provides education on SBS and demonstrates effective ways to respond to an infant's crying.
- ▶ A hospital health educator reviews the key components of SBS and infant crying with the parents and gives them a "Babies Cry" door hanger.
- ▶ Parents then sign a "commitment statement" never to shake their baby and to pass this mandate on to all other adults that will care for their baby.



involving:

8 birthing hospitals in Sacramento who are committed to prevention

Involves local home visitation programs in Sacramento

Before discharged from the hospital...

Parents are shown a brief training videotape (Portrait of Promise) that provides education on SBS and demonstrates effective ways to respond to an infant's crying.

A hospital health educator reviews the key components of SBS and infant crying with the parents and gives them a "Babies Cry" door hanger.

Parents then sign a "commitment statement" never to shake their baby and to pass this mandate on to all other adults that will care for their baby.

PPT 11 & 12: Door Hangers and Pledge Certificates

These are the door hangers and Pledge Cards that get given out at the hospitals after the parents watch the Portrait of Promise.

Portrait of Promise



What trigger's *SHAKING*?

#1 Caregiver could not stop a baby from crying

- › Frustration builds
- › Caregiver does NOT take care of himself or herself
- › Caregiver loses control
- › Caregiver shakes the baby

Why do babies CRY?

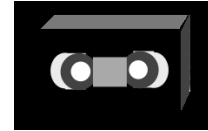
A baby may cry because he or she ...

- › Is hungry
- › Needs to burp or is gassy
- › Wants to suck (on a pacifier or a clean finger)
- › Needs a diaper change
- › Is too hot or too cold
- › Is getting sick/has a fever
- › Has diaper rash
- › Is teething
- › Is tired
- › Is over-stimulated



DVD: Portrait of Promise

11 minutes



Crying

PPT 14: What Triggers Shaking?

Say:

Say: What triggers shaking? **CRYING!**

"To stop the child from crying"

- Frustration builds
- Caregiver/Parent cannot cope with stress/frustration
- Caregiver/Parent loses control
- Caregiver/Parent shakes the baby

Activity: 5 Reasons a Baby Cries

Have everyone look at the small hand-print in their participant manuals. Give everyone one minute to write down 5 reasons a baby cries...one for each finger.

Share answers in a large group. There is a box to the right of the hand in their participant manuals where they could write additional answers they got from the large group discussion.

PPT 15: Why do babies cry?

A baby may cry because he or she ...

- Is hungry
- Needs to burp or is gassy
- Wants to suck (on a pacifier or a clean finger)
- Needs a diaper change
- Is too hot or too cold
- Is getting sick/has a fever
- Has diaper rash
- Is teething
- Is tired
- Is over-stimulated

Check Basic Needs

- › Does the baby's diaper need changing?
- › Is the baby hungry?
- › Is the baby being scratched or poked by something?
- › Does the baby want to be cuddled?
- › Does the baby want to be played with?

Or ...

- › Is the baby too hot? Too cold?
- › Is the baby overtired?
- › Is the baby teething?
- › Is the baby bored?

If not, then ...

Handout

Ways to sooth a crying baby

- › Please check the baby's **diaper**
- › See if the baby is **hungry** or needs to be burped
- › Make sure the baby doesn't have a **fever** (if there is a fever, contact a doctor)
- › **Swaddle** the baby in a soft blanket and cuddle the baby
- › Take the baby for a **ride** in a stroller or car
- › Place the baby in a **bouncy chair** or gentle infant swing
- › Play soft **music**, sing or hum quietly
- › Give the baby a soothing **bath**

Secondary Triggers for *SHAKING*



PPT 16: Check basic needs

Handouts: Babies Cry & Infant States and Cues

Say: These are handouts you can use and or give to the parent. They come from WIC.

With your partner, read over the handouts, and discuss how you might use some of the information

PPT 17: Ways to Soothe a Crying Baby

- Please check the baby's diaper
- See if the baby is hungry or needs to be burped
- Make sure the baby doesn't have a fever (if there is a fever, contact a doctor)
- Swaddle the baby in a soft blanket and cuddle the baby
- Take the baby for a ride in a stroller or car
- Place the baby in a bouncy chair or gentle infant swing
- Play soft music, sing or hum quietly
- Give the baby a soothing bath

PPT 18: Secondary Triggers for Shaking

Say: Potty Training, Picky eaters, sickness all makes children cranky and whiny and they cry more and have more needs. This can be very frustrating for the parent, and can lead to shaking.

Have a Safety Plan

» What is the Safety Plan or Safety net?

» Is there a plan to put the baby somewhere safe when the family member or caregiver becomes frustrated?



Handout

Coping Skills

Ensure the parents you are working with are constantly practicing & engaging in...

- » Stress Management
- » Anger Management
- » Positive Discipline
- » Ages and Stages of Children
- » Nurturing and Empathy
- » Overall Parenting Skills

PPT 19: Have a Safety Plan

Say: “Parents/Caregivers need skills & knowledge. They need:”

- Coping skills to manage stress and anger
- Realistic expectations of:
 - Stages of child development and
 - Age appropriate behavior
 - Age appropriate discipline Nurturing
- Effective parenting/caregiving strategies
- Action plan to manage frustration/anger/stress

Handout: “Frustration Happens: Plan for it”

Say: This is a form for you to use when working with Parents. This exercise helps the parent plan for when they get frustrated so they know what to do and don’t resort to shaking.

Optional Activity: Role Play

Ask for two volunteers.

Have one volunteer act as a mom of a 6 week old infant. They live with the maternal grandmother and maternal teenage aunt.

Have them act out a home visit where the Home Visitor needs to talk about realistic expectations of crying, and educate on Shaken Baby Syndrome.

PPT 20: Coping Skills

Ensure the parents you are working with are constantly practicing & engaging in...

- Stress Management
- Anger Management
- Positive Discipline
- Ages and Stages of Children
- Nurturing and Empathy
- Overall Parenting Skill

Healthy Responses

- Put the baby on its back in a **crib** or room safely and leave the room
- Take a 10 minute **break** to calm down
- Contact a family member or friend to **vent/talk**
- Listen to soothing **music**
- Exercise** (dance, sit ups, push ups, jumping jacks, yoga, and deep breathing - your baby might like to watch!)
- Remind yourself THE CRYING WILL END**
- If you need help, call the **Parent Support Line** at:
1-888-281-3000 (24 hours a day/7 days a week) or call 911

REMEMBER:

No baby has died from crying too much.

If someone calls you frustrated with a crying baby, offer your help. Provide an open ear & a resource.

NEVER SHAKE a BABY!

If you need help, call the
Parent Support Line
1-888-281-3000 or 911

Sacramento County Information & Referral Line:
(916) 244-1906

QUESTIONS????



PPT 21: Healthy Responses

- Put the baby on its back in a crib or room safely and leave the room
- Take a 10 minute break to calm down
- Contact a family member or friend to vent/talk
- Listen to soothing music
- Exercise (dance, sit ups, push ups, jumping jacks, yoga, and deep breathing -your baby might like to watch!)
- Remind yourself THE CRYING WILL END
- If you need help, call the Parent Support Line at:
 - 1-888-281-3000 (24 hours a day/7 days a week) or call 911

PPT 22: Remember

No baby has died from crying too much.

If someone calls you frustrated with a crying baby, offer your help. Provide an open ear & a resource.

NEVER SHAKE a BABY!

If you need help, call the
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1-888-281-3000 or 911

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PPT 23: Questions?

Thank You for Participating

Please complete a:

Learning Assessment



PPT 24:

Activity: Learning Assessment

Pass out the Learning Assessment and give everyone a few minutes to complete it and turn it back in.