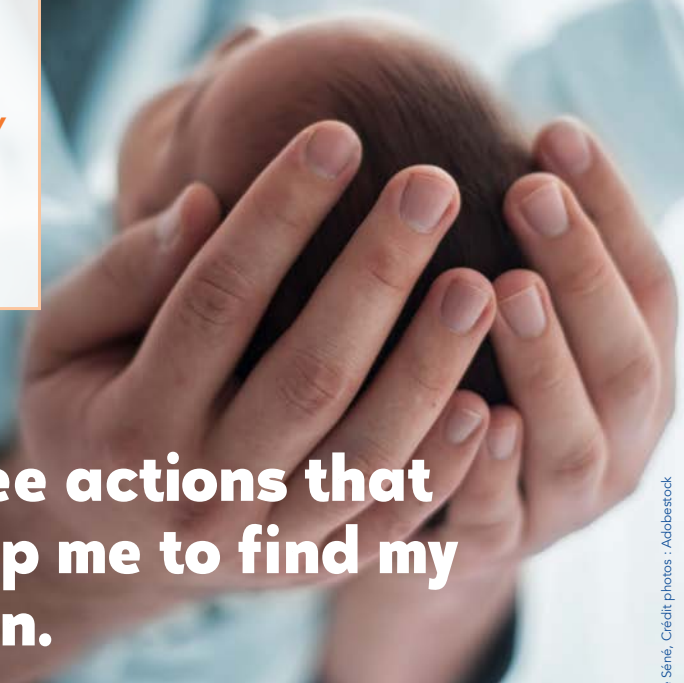




You feel overwhelmed by the cries of your baby or the baby that you are in charge, above all do not shake them!



8412744 - Enfance & Partage - Mai 2024 - Crédits illustration : Camille Séné, Crédit photos : Adbestock

I plan three actions that would help me to find my calm again.

1

Listen to music, take a shower, watch TV...

.....

.....

2

Write down the number of a reliable person who could take over.

.....

.....

3

Call Allo Parents Bébé :

ALLO PARENTS Bébé

0 800 00 3456 Service & appel gratuits



L'enfance est fragile. Protégeons-la.



Your baby cries...

DO NOT SHAKE THEM!



SHAKING KILLS OR HANDICAPS FOR LIFE

If you don't know what to do anymore, call us

ALLO PARENTS Bébé

0 800 00 3456 Service & appel gratuits



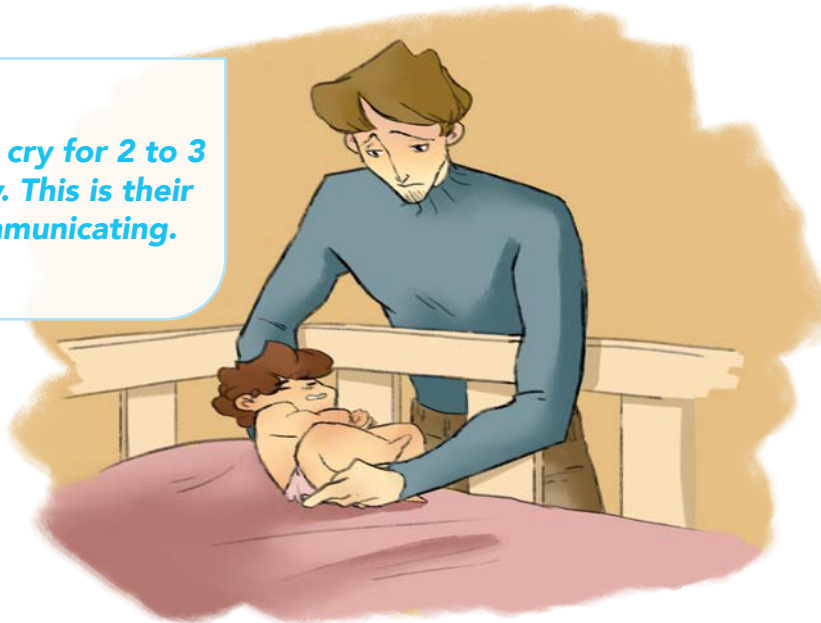
L'enfance est fragile. Protégeons-la.

Your baby cries it's normal!

If you can't manage to calm them down, can't stand their crying or feel overwhelmed:

- Calmly place the baby safely on their back in their bed. Then leave the room.
- It's better to let them cry than to shake them.
- Call your partner or someone you trust to take over or contact a helpline.
- Take some time to calm down.

A baby can cry for 2 to 3 hours a day. This is their way of communicating.



The Shaken Baby Syndrome is an act of **ABUSE**

When a baby is shaken, their head is tossed back and forth, causing bleeding and damage to their brain.



The baby risks:

- To die.
- To fall into a coma.
- To be disabled for the rest of their life: 75% of the shaken babies have irreversible sequelae.

It is never provoked by a game (adapted to the child age), a fall from a baby changing table or a clumsy gesture.

