

## Information and advice

- In den Kliniken für Kinder- und Jugendmedizin
- Beim Kinder- und Jugendärztlichen Notdienst  
Bremen: Tel. 04 21 - 340 44 44  
Bremen Nord: Tel. 04 21 - 66 06 18 00  
Bremerhaven: Tel. 04 71 - 192 92
- In Ihrer Kinder- und Jugendarztpraxis
- Beim bundesweiten ärztlichen Bereitschaftsdienst  
Tel. 116 117 (kostenlos, ohne Vorwahl)
- Bei den Familienhebammen  
Gesundheitsamt Bremen  
Tel. 04 21 - 361-152 45
- Bei der Familienberatung und frühkindlichen Gesundheitsförderung, Gesundheitsamt Bremerhaven  
Tel. 04 71 - 661 28  
Tel. 04 71 - 521 33  
Tel. 04 71 - 386 33
- Beim Amt für Soziale Dienste Bremen:  
In den „Sozialzentren“ und „Häusern der Familie“  
jeweils in den Bremer Stadtteilen
- Beim Amt für Jugend und Familie, Magistrat Bremerhaven und in seinen Stadtteilbüros
- Deutscher Kinderschutzbund, Landesverband Bremen  
Eltern-Stresstelefon  
Tel. 04 21 - 24 01 12-20  
Elterntelefon (Nummer gegen Kummer)  
Tel. 0800-111 05 50
- from friends, parents and relatives

**Publisher**  
**TK-Landesvertretung Bremen**

### Addresses for ordering

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In cooperation with

**Der Senator  
für Gesundheit**  **Freie  
Hansestadt  
Bremen**

**Never shake a baby!**  
Shaking can be life-threatening!



## Dear parents,

Living with a baby is just wonderful. But it can also be pretty hard. Many parents know the feeling of exhaustion, immense fatigue, or even despair: your baby does not stop crying. It seems like an eternity. You are carrying your baby around, change nappies, give your baby something to drink. Nothing helps.

### My baby is crying...

For babies who cannot yet speak, crying is the normal way of communicating. Babies often cry, because they

- are hungry,
- are tired,
- need a fresh nappy,
- feel somehow uncomfortable, or
- want to hear your voice and need a cuddle.

Even healthy babies can cry for several hours a day for no obvious reason.

## My baby does not stop crying

### Please contact your paediatrician or midwife if your baby

- is crying differently, louder, or longer than usual,
- seems to be ill,
- has a high temperature, is drowsy, or does not drink.

### That is what you can do to comfort and soothe your baby

- cuddle your baby,
- rock your baby gently in your arms, in its cot, or pram,
- move about with your baby or go out for a walk,
- talk to your baby soothingly, sing, or play music,
- breast-feed, give your baby something to drink, or a dummy,
- stroke your baby's stomach or back gently.



### My baby is crying unbearably ...

Some babies are crying so excessively for no apparent reason that it becomes unbearable for you. You might then feel like shaking your baby to quiet your child.

### **Never shake your baby! Even mild shaking can be life-threatening for your baby!**

#### If the situation becomes intolerable for you

- take a deep breath and put your baby on their back in the cot or pram.
- leave the room, close the door behind you, and sit down for a few minutes to calm yourself down. Your baby will most probably continue to cry but for a short time, this is less severe than losing control and seriously harming your baby by shaking.
- return to your baby as soon as you feel calmer.
- phone someone you trust in.
- ask friends and acquaintances to take care of your baby for a short while.
- there is no need to despair because practical assistance is offered.

## **Never shake your baby! Even mild shaking can be life-threatening for babies!**

However, should it happen, please contact a doctor right away. You may save your baby from serious harm to their health. Dial 112 immediately. Even mild shaking can cause serious injuries to the baby's brain (e. g. intracerebral haemorrhage) which not infrequently lead to permanent damage such as

- physical and mental disabilities,
- developmental disorders,
- seizures
- visual impairment,
- and not infrequently even death.

### **Please inform all persons caring or supervising your baby:**

### **Shaking is life-threatening for babies!**