"Innovative CCE Parent Education Programs, Child Neglect and Maltreatment, Shaken Baby Syndrome".
Sandra Ledyard, LCSW Presenter - January 26, 2012
Understanding Child Maltreatment

Child abuse and maltreatment is a global problem and can take the form of physical cruelty, neglect, or emotional or sexual abuse. Child neglect is the most common type of child maltreatment and has the most serious long-term consequences. Its physical signs may enable it to be diagnosed medically; if not, it can be detected only through the emotional and behavioral abnormalities that it causes. Child neglect must involve a child, a perpetrator; parent, a person responsible for the child’s welfare, a paramour/companion of a child’s parent and an act of physical, emotional, sexual abuse or neglect.
Shaken Baby Syndrome / Abusive Head Trauma: A Preventable Tragedy

- What is shaken baby syndrome?
- How is shaken baby syndrome diagnosed?
- How many children are affected by shaken baby syndrome?
- Who is responsible for shaking babies?
- What happens to a child who has been severely shaken?
- What will it take to solve the problem of shaken baby syndrome?
- How can people be educated about the dangers of shaking babies?
Objectives:

- Provide an overview of key principles crucial for understanding and recognizing different varieties of child abuse and maltreatment and discuss the various ways that neglect and maltreatment negatively impact children’s lives.

- Thoroughly acquaint participants with knowledge and skill to be able to distinguish the different types of child maltreatment and to know their short and long-term consequences.

- Discuss the appropriate behavioral interventions and possible medical interventions that can be used to protect children better.

- Discuss the role of caregivers in helping maltreated children and explore ways to help this at-risk population.

- Examine what happens after CPS gets involved: Initial Assessment of Risk and Safety.
Describe the emerging clinical and research findings in maltreated children that suggest the negative impact of abuse, neglect and trauma across the life span.

Improve participant knowledge of preventative practices in context of the impact of maltreatment on children's emotional, behavioral, cognitive, social and physical health.
SHAKEN BABY SYNDROME
Shaken Baby Syndrome (SBS) is the name given to physical abuse that happens when an infant or small child is violently shaken. It is also known as Abusive Head Trauma. The shaking might only last a few seconds but the effects can be deadly. Babies are especially vulnerable because their neck muscles aren’t yet strong enough to support their heavy heads. When shaken, a baby's head whips back and forth, causing the brain to bounce off the skull. This can have serious and long-lasting impacts.

Shaken Baby Syndrome (SBS) is the term used to describe the signs and symptoms resulting from a child being shaken. Shaking a baby is dangerous because a baby’s head is large and heavy in proportion to the baby’s body; there is space between the brain and skull to allow for growth and development; and the baby’s neck muscles are not yet developed. Violently shaking a baby or young child forces the head to whip back and forth, causing blood vessels in the brain and eyes to rip and bleed. In addition, this motion causes the brain to move and bounce against the skull which can cause brain damage.
As parents, caregivers, child and family advocates, parent educators, and community partners we all have a responsibility to prevent it. To do this, it helps to understand:

- Why It Happens
- The Potential Effects
- The Signs & Symptoms
- How to Prevent It
- Where to Get More Information
SHAKEN BABY SYNDROME FACTS - PRE TEST

By the numbers

- The number of hours, or more, a normal baby can cry in a day

- Estimated percent of parents and caregivers unaware of the harm caused by shaking a baby

- Percentage of babies shaken each year who die

- Percentage of the babies who survive shaking who are left with permanent brain damage.

Source: National Center on Shaken Baby Syndrome
SHAKEN BABY SYNDROME FACTS -

By the numbers

- The number of hours, or more, a normal baby can cry in a day - 5

- Estimated percent of parents and caregivers unaware of the harm caused by shaking a baby
  25 to 50 percent

- Percentage of babies shaken each year who die
  Nearly one-third

- Percentage of the babies who survive shaking who are left with permanent brain damage. 80 percent

Source » National Center on Shaken Baby Syndrome
Shaken Baby Syndrome Facts

- In the United States, the yearly rate of SBS is between 750 and 3,750 infants.
- One third of the victims of SBS survive with few or no consequences, one third of the victims suffer permanent injury and one third of the victims die.
- Some studies estimate that 15% of children's deaths are due to battering or shaking, and an additional 15% are possible cases of shaking.
- "SBS" victims range in age from a few days to a few months old; the average is six months.
More than 60% of the victims of Shaken Baby Syndrome are male.

Almost 80% of the perpetrators of Shaken Baby Syndrome are male.

SBS most often occurs when an adult is frustrated and angry because the baby won't stop crying.

Toilet training difficulties and feeding problems can also lead to SBS.

(This information compiled from: PA Act 176 of 2002, The Pennsylvania Shaken Baby Syndrome Education Program, the Brain Injury Association of America, the New York Department of Health, and The Arc.)
WHO'S WATCHING THE BABY?

- 50% of Offenders are Natural Parents
- 17% are Non-relatives
- 17% are mother's boyfriend
- 6% are step parents
- 10% other
Why It Happens

The number one reason people give for shaking a baby is in consolable crying. They get frustrated, lose control, and violently shake a baby in an effort to stop the crying. They just want the crying to stop.

That's why it's important for everyone to understand that crying is normal. That's how babies communicate. In fact, it is not unusual for them to cry for two to three hours a day. Some cry for even longer periods — and for no obvious reasons.

While most perpetrators are male, there is no typical profile. Anyone who becomes frustrated is capable of shaking a child. Those most at risk are caregivers with little or no knowledge of how to safely care for crying infants or young children.
Shaken Baby

forward and backward forces

space inside skull

brain hitting front of skull

brain hitting back of skull

skull

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**Damage caused when a baby is shaken**

Babies are especially susceptible to injury when they are shaken because their connecting tissues and bone structure have not sufficiently developed to offer any protection.

1. Baby's brain bangs against its skull when shaken.

2. Small blood vessels between the brain and skull can tear, causing bleeding.

3. Large blood clots can form, pressing against the brain and causing massive swelling.

4. Baby's undeveloped neck muscles offer no resistance to shaking; vertebrae can crush the spinal cord.

5. Injuries can result in brain damage, retardation, paralysis, blindness, deafness and death.

Source: Utah Education Network, “Shaken Baby Syndrome” The Salt Lake Tribune
Shaken baby syndrome

A baby’s head can weigh one-fourth of its total body weight, and because the neck muscles are still weak, any violent shakes will cause the head to fling out of control. The impact on the brain can be up to 30 times the force of gravity and cause permanent or fatal damage to the baby. Because damage is internal, signs of danger may not be seen until it’s too late.

1. Blood vessels that lead from the brain to the dura membrane are most susceptible to tearing since the subdural space between the brain and the skull is greater for babies. Such hemorrhaging is what doctors detect in CAT scans.

2. Nerves inside the brain may sever. If this happens, the brain will swell, cutting off oxygen to the brain. In surviving babies, blindness and brain damage may also occur.

3. The brain stem is where vital sensors are located. If this is severed or damaged, the baby will experience respiratory problems and vomiting.

4. The optic nerve is often damaged, which causes retinal bleeding.

A traumatic shake

Shaking a baby is much like the effects of holding a bowling ball upright in your hand and shaking it back and forth. Like a baby’s neck, the wrist would not support the force, allowing the bowling ball to swing back and forth. For the baby’s delicate brain, this would be like an earthquake.

Source: Sally Smith, M.D. All Children’s Hospital

Times art — JEFF GOERTZEN
The most common injuries from shaking are:

- Bleeding inside the eye (retinal hemorrhages);
- Bleeding on the brain (intracranial bleeding); and
- Massive brain swelling (cerebral edema).
- Other injuries can include fractures of the ribs, skull, and long bones.

Potential long-term effects include:

- Death
- Severe brain damage
- Learning and physical disabilities
- Blindness
- Paralysis
- Seizures
- Hearing loss
- Speech problems
- Behavior disorders
The Signs And Symptoms

The signs and symptoms of Shaken Baby Syndrome include:

- Decreased appetite, weak sucking, vomiting
- Increased crying, extreme irritability or fussiness
- Lethargy, loss of consciousness
- Pale or bluish skin
- Seizures, rigid posture
- Head or forehead that appears larger than usual
- Soft spot on head that appears to be bulging
- Inability of eyes to focus, pupil changes
- Difficulty breathing

Note: these symptoms can also be seen in infants and small children with other illnesses. If you or someone else shakes a baby get help immediately. This could save the child's life and prevent serious health problems. Be sure to tell the doctor if you know or suspect a child was shaken.
Preventing Shaken baby Syndrome/ Abusive Head Trauma

Shaken baby Syndrome/ Abusive Head Trauma is 100% preventable. A key aspect of prevention is increasing awareness of the potential dangers of shaking.

Finding ways to alleviate the parent or caregiver's stress at the critical moments when a baby is crying can significantly reduce the risk to the child. Some hospital-based programs have helped new parents identify and prevent shaking injuries and understand how to respond when infants cry.

The National Center on Shaken Baby Syndrome offers a prevention program, the Period of Purple Crying, which seeks to help parents and other caregivers understand crying in normal infants. By defining and describing the sometimes inconsolable infant crying that can sometimes cause stress, anger, and frustration in parents and caregivers, the program hopes to educate and empower people to prevent SBS/AHT.
The New York Shaken Baby Prevention Program (*Portrait of Promise: Preventing Shaken Baby Syndrome (NYS)*) is a hospital based parent education program designed to educate every parent of every child in New York State about the dangers of Shaken Baby Syndrome (SBS). This program began in December 1998; thus far, over 12 years, the program has resulted in a sustained 50% reduction in the incidence of abusive head injuries in the region. This data has been published in the April 2005 edition of the journal, *PEDIATRICS*.

The New York Shaken Baby Prevention Program provides educational materials to both parents on the birth of every child in the region, and in turn asks them to voluntarily sign a commitment statement that affirms their receipt and understanding of the materials they received. These commitment statements are returned by participating hospitals and are tracked to determine the effectiveness of the program.

*New York* requires every hospital and birth center to ask all new parents to view a shaken baby syndrome video and sign a form indicating they have viewed or refused to watch the video. The requirements also mandate training for child care providers on the identification, diagnosis, and prevention of sbs. 39

This program has served as the model of SBS prevention and has sparked the creation of numerous other programs worldwide.

Explaining the "Period of PURPLE Crying"

New prevention efforts for shaken baby syndrome focus on educating parents about crying in infants, the No. 1 reason babies are shaken. The campaign explains:

P » Peak of crying. A baby may cry the most at 2 months of age, and then less at 3 to 5 months.

U » Unexpected. Crying can come and go, and you won't know why.

R » Resists soothing. Your baby may not stop crying no matter how hard you try.

P » Pain-like face. A crying baby may appear to be in pain, even if he or she is not.

L » Long-lasting. Crying can last as long as five hours a day, or more.

E » A baby may cry more in the late afternoon or evening.

And the word "period" emphasizes the crying has a beginning -- and an end.

Source: National Center on Shaken Baby Syndrome
The Letters in **PURPLE** Stand for

- **P**EAK OF CRYING: Your baby may cry more each week. The most at 2 months, then less at 3-5 months.
- **U**NEXPECTED: Crying can come and go and you don’t know why.
- **R**ESISTS SOOTHING: Your baby may not stop crying no matter what you try.
- **P**AIN-LIKE FACE: A crying baby may look like they are in pain, even when they are not.
- **L**ONG LASTING: Crying can last as much as 5 hours a day, or more.
- **E**VENING: Your baby may cry more in the late afternoon and evening.
Examples of Activities that Impact Policy

- Depending on the environment of the community and the role of the agency, an organization or program could engage in any or all of these activities to affect public health through policy.

- Collecting, analyzing, summarizing, and interpreting data and other scientific-based information relevant to the frequency and seriousness of sbS and its prevention.

- Proactively disseminating data linked to possible solutions and making sure the data gets into the hands of decision makers or those who can influence decision makers.

- Packaging, presenting, or promoting data and information in ways that resonate with the audience and can be used to inform decision making (i.e., cannot assume that data or information can stand alone).

- Utilizing media and partners to help convey important messages to policymakers and the public.
- Reviewing and/or drafting potential policies or legislation, building coalition networks that are able to advocate for policy changes, educating the public, and implementing programs that impact prevention of sbs (see section, *Strength in Numbers: Building Partnerships to Prevent SBS*),

- Identifying and analyzing existing sbs-related policies in your community or state and working to enhance them,

- Engaging in awareness efforts and implementation of existing policies that support prevention of sbs

- Conducting a cost-benefit analysis related to the burden of sbs and predicting how a science-based prevention effort will impact the cost for an organization or society,

- Evaluating existing/new policies, including an assessment of effectiveness and cost effectiveness, and

- Meeting with policymakers to inform or educate on the burden of sbs and what works to prevent sbs.
Contact Information:
Sandra Ledyard, LCSW
347-886-1448
SLEDNY21@gmail.com
SYLDC2000@aol.com
Educational Reference Materials


Christian, Cindy W. Block, Robert, *Abusive Head Trauma in Infants and Children* *Pediatrics* 2009;123;1409 [http://pediatrics.aappublications.org/content/123/5/1409.full.html](http://pediatrics.aappublications.org/content/123/5/1409.full.html)


Esernio-Jenssen, Debra, Tai, Julia and Kodsi, Sylvia *Perpetrators Abusive Head Trauma in Children: A Comparison of Male and Female Perpetrators* *Pediatrics* 2011;127;649; published online March 7, 2011; [http://pediatrics.aappublications.org/content/127/4/649.full.html](http://pediatrics.aappublications.org/content/127/4/649.full.html)
Preventing Shaken Baby Syndrome Resources:

Center for Disease Control (CDC) Resources

National Center for Injury Prevention and Control Violence prevention is a major focus of the national Center for Injury Prevention and Control (Injury Center). As the lead federal agency for injury prevention and control, CDC’s Injury Center works closely with other federal agencies; national, state, and local organizations; state and local health departments; and research institutions. [www.cdc.gov/Injury](http://www.cdc.gov/Injury)

National Center on Birth Defects and Developmental Disabilities The national Center on birth Defects and Developmental Disabilities promotes the health of babies, children, and adults, and enhances the potential for full, productive living by providing positive parenting tips and information on developmental milestones and screening. [www.cdc.gov/ncbddd/child/default.htm](http://www.cdc.gov/ncbddd/child/default.htm)

Other Government Resources

Administration for Children and Families The administration for Children and families, within the Department of Health and Human services, is responsible for federal programs that promote the economic and social well-being of families, children, individuals, and communities. [www.acf.hhs.gov](http://www.acf.hhs.gov) Administration for Children and Families, Children’s Bureau The Children’s bureau is designed for professionals concerned with child abuse and neglect, child welfare, and adoption. [www.cbexpress.acf.hhs.gov](http://www.cbexpress.acf.hhs.gov)
Online Resources

American Academy of Pediatrics The American Academy of Pediatrics (AAP) and its member pediatricians dedicate their efforts and resources to the health, safety, and well-being of infants, children, adolescents, and young adults. The AAP has approximately 60,000 members in the United States, Canada, and Latin America. The AAP develops guidelines on a variety of pediatric health issues and distributes a wide range of patient education materials. [www.aap.org](http://www.aap.org)

American Professional Society on the Abuse of Children The American Professional Society on the Abuse of Children (APsaC) is a nonprofit national organization focused on meeting the needs of professionals engaged in all aspects of services for maltreated children and their families. Especially important to APsaC is the dissemination of state-of-the-art practice in all professional disciplines related to child abuse and neglect. [www.apsac.org/mc/page.do](http://www.apsac.org/mc/page.do)

The California Evidence-Based Clearinghouse for Child Welfare The California evidence-based Clearinghouse for Child Welfare (CebC) identifies and disseminates information about evidence-based practices relevant to child welfare. The CebC provides guidance to statewide agencies, counties, public and private organizations, and individuals. This guidance is provided in a simple, straightforward format, reducing the user’s need to conduct literature searches, review extensive literature, or to understand and critique research methodology. [www.cachildwelfareclearinghouse.org](http://www.cachildwelfareclearinghouse.org)
Children’s Safety Network National Injury and Violence Prevention Resource Center

The Children’s safety network provides resources and technical assistance to maternal and child health agencies and organizations seeking to reduce unintentional injuries and violence toward children and adolescents. This is one of four Children’s safety network Resource Centers funded by the Maternal and Child Health bureau of the U.s. Department of Health and Human services.

www.childrenssafetynetwork.org

Childhelp® USA

Childhelp® is a national nonprofit organization dedicated to helping victims of child abuse and neglect. Childhelp’s approach focuses on prevention, intervention, and treatment. The Childhelp national Child abuse Hotline, 1-800-4-a-CHILD, operates 24 hours a day, seven days a week, and receives calls from throughout the United states, Canada, the U.s. Virgin Islands, Puerto Rico, and Guam. Childhelp’s programs and services also include residential treatment services (villages); children’s advocacy centers; therapeutic foster care; group homes; child abuse prevention, education, and training; and the national Day of Hope®, part of national Child abuse Prevention Month every April. www.childhelp.org
The National Children’s Advocacy Center Child Abuse Library Online The Child abuse library online of the national Children’s advocacy Center is one of the largest professional collections of published knowledge, educational materials, and resources related to child maltreatment in the United states. It provides training, online services, and annotated bibliographies to organizations and individuals, and offers resource packages to decision makers and researchers. [www.nationalcac.org](http://www.nationalcac.org)

National Exchange Club The national exchange Club (neC) foundation is committed to making a difference in the lives of children, families, and our communities through its national project to prevent child abuse. The neC foundation’s most successful method of countering abuse is by working directly with parents through the parent aide program. The foundation coordinates a nationwide network of nearly 100 exchange Club Child abuse Prevention Centers that use the parent aide program and provide support to families at risk for abuse. [www.preventchildabuse.com](http://www.preventchildabuse.com)

National Indian Child Welfare Association The national Indian Child Welfare association (nICWa) addresses the issues of child abuse and neglect through training, research, public policy, and grassroots community development. nICWa improves the lives of American Indian children and families by helping tribes and other service providers implement activities that are culturally competent, community-based, and focused on the strengths and assets of families. [www.nicwa.org](http://www.nicwa.org)
The International Society for Prevention of Child Abuse and Neglect The International society for Prevention of Child abuse and neglect’s (IsPCan) mission is to prevent cruelty to children in every nation, in every form: physical abuse, sexual abuse, neglect, street children, child fatalities, child prostitution, children of war, emotional abuse and child labor. IsPCan is committed to increasing public awareness of all forms of violence against children, developing activities to prevent such violence, and promoting the rights of children in all regions of the world.

www.ispcan.org

National Alliance of Children’s Trust and Prevention Funds The national alliance of Children’s Trust and Prevention funds is a membership organization that provides training, technical assistance, and peer consulting opportunities to state Children’s Trust and Prevention funds to strengthen efforts to prevent child abuse.

www.msu.edu/user/nactpf/

National Center on Shaken Baby Syndrome The national Center on shaken baby syndrome has a mission to educate and train parents and professionals, and to conduct research that will prevent shaking and abuse of infants in the United states. It provides help to professionals and parents looking for information, ideas, and answers to questions about sbs.

www.dontshake.org
National Maternal and Child Health Center for Child Death Review: Keeping Kids Alive This organization promotes, supports, and enhances child death review methodology and activities at the state, community, and national levels. It builds public and private partnerships to incorporate Child Death Review (CDR) findings into efforts that improve child health. Building on the extensive knowledge of current CDR programs, the Center actively involves states in its service development. [www.childdeathreview.org/state.htm](http://www.childdeathreview.org/state.htm)

National MCH Center for Child Death Review The national Center for Child Death Review is a resource center for state and local Child Death Review programs, funded by the Maternal and Child Health bureau. It promotes, supports, and enhances child death review methodology and activities at the state, community and national levels. [www.childdeathreview.org](http://www.childdeathreview.org)

National Scientific Council on the Developing Child The national scientific Council on the Developing Child is a multi-disciplinary collaboration comprising leading scholars in neuroscience, early childhood development, pediatrics, and economics. [www.developingchild.net](http://www.developingchild.net) Parents Anonymous® Inc. Parents anonymous® Inc. is a community of parents, organizations, and volunteers committed to strengthening families and building strong communities; achieving meaningful parent leadership and shared leadership; and leading the field of child abuse and neglect. [www.parentsanonymous.org](http://www.parentsanonymous.org)
Prevent Child Abuse America Prevent Child abuse America works to prevent abuse and neglect of our nation’s children. Through its chapters in 43 states and its voluntary home visitation services provided by Healthy families America® in more than 400 communities nationwide, Prevent Child abuse America helps provide healthy, safe, and nurturing experiences for more than 100,000 families every year. [www.preventchildabuse.org/index.shtml](http://www.preventchildabuse.org/index.shtml)

Promising Practices Network on Children, Families and Communities The Promising Practices network (PPn) is a group of individuals and organizations who are dedicated to providing quality evidence-based information about what works to improve the lives of children, families, and communities. [www.promisingpractices.net](http://www.promisingpractices.net)

Shaken Baby Alliance The shaken baby alliance collaborates with community agencies and professionals to provide support for victim families (including adoptive and foster parents) of sbs to advocate justice for sbs victims, and to increase awareness of the problem. [www.shakenbaby.com](http://www.shakenbaby.com)
**Zero to Three** The mission of Zero to Three is to support the healthy development and well-being of infants, toddlers, and their families. The organization accomplishes this by informing, educating, and supporting adults who influence the lives of infants and toddlers. [www.zerotothree.org](http://www.zerotothree.org)