

Shaken Baby Syndrome (SBS)

SBS is caused from violently shaking your baby's head, causing brain injury or death.

- Most common trigger is a baby crying.
- Support your baby's head and neck with one hand.
- Cradle your baby in your arms.
- Avoid lifting your baby by the waist or shoulder.



Equal Opportunity Employer/Program. Auxiliary aids & services are available upon request to individuals with disabilities. Relay: 1-800-735-2989 (TTY) / 711 (voice)

Sudden Infant Death Syndrome (SIDS)



SIDS is an unexplained death, during sleep of a healthy baby.

- SIDS is **NOT** 100% preventable.
- It can occur in babies less than 1-year old.
- We do **NOT** know why it occurs.
- Co-sleeping with your baby is a risk factor.
- Lay your baby in a crib, on their backs if less than 3 months old.
- Remove stuffed toys or blankets from the crib.

Video & additional information.



SCAN ME

Caring for Your Baby 0 to 36 Months



 **Workforce Solutions**
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Co-Bedding/ Co-Sleeping



Co-sleeping is when parents put the baby in their adult bed with them to sleep.

- Co-bedding is **NOT** safe for your baby.
- Place your baby in a crib.
- Lay your baby on his/her back.
- Lay your baby on a firm surface.
- Have nothing in sleep area.
- Keep baby's face uncovered.

Breastfeeding and Food

Breastfeeding for the first 6 months of life is suggested and continuation of breastfeeding for at least the first and second years.

- Promotes immunity protection.
- Physical growth.
- Brain growth.
- Does **NOT** prevent food allergies.
- At 6 months add soft foods.
- At 8 months add solid foods.



Vaccinations



In 2016 there were 15,737 cases of whooping cough in the U.S.; 11.4% of these cases were infants 11 months old or younger.

- Protect your baby against preventable diseases.
- Breastfeeding helps with immunity protection.
- Vaccinations are safe and effective.
- Vaccinations protect others you care about.
- Talk with your Pediatrician about vaccinations before the baby is born.
- Making a choice that is right for you and your baby is important.