



FOR DONATIONS

Cheque

Made out to The Teddy Bear Clinic For Abused Children

Deposit

Bank: Investec Bank Ltd
Account name: The Teddy Bear Clinic For Abused Children

Account number:
10011311625

Branch code: 580 105
Branch name: 100 Grayston Drive

NB: KINDLY PUT YOUR NAME AS A REFERENCE ON THE TRANSFER OR DEPOSIT.



WHAT IS SHAKEN BABY SYNDROME

Shaken Baby Syndrome or SBS is a term used to define the injuries that occur as a result of shaking an infant violently or a young child by the arms, chest or shoulders causing the head to move back and forth violently. The most vulnerable age group are infants between 0 and 12 months.

WHAT MAY CAUSE A PARENT TO SHAKE A BABY

- Frustration or anger resulting from the infant's uncontrollable crying.
- Excessive parental stress.
- Not having enough support to help with taking care of the baby.
- Not being properly prepared for parenting.
- Low socioeconomic status.
- Having being a victim of abuse.

HOW TO PREVENT YOURSELF FROM SHAKING YOUR BABY

- When the baby starts crying remain calm.
- Try to understand why the baby is crying? Is the baby hungry, is the baby teething, or does the baby need a nappy change.
- If you are a single parent always have someone helping you with the baby.
- Get guidance into what it takes to parent an infant.

EFFECTS

- Death.
- Blindness.
- Muscle weakness or paralysis.
- Developmental delays.
- Muscle constrains that may interfere with the infant's movement, speech and manner of walking.
- Cerebral palsy.
- Seizures.
- Mental retardation.
- Learning problems.

SIGNS AND SYMPTOMS

- Uncontrollable crying.
- Significant changes in sleeping patterns.
- Inability to be awakened.
- Vomiting more than usual.
- Seizures or convulsions.
- Inability to nurse or eat.
- Unresponsive.
- Inability to be consoled.
- Unconscious.
- Bruises, bulging fontanel.

FOR HELP CONTACT

- The teddy Bear Clinic – 011 484 4554
- The Post-Natal Depression Support Association of South Africa (PNDSA) – SMS 'help' to 082 882 0072
- LifeLine – 011 715 2000
- The South African depression and anxiety group (SADAG) – 0800 567 567
- Childline – 08000 55 555

