



Best Friends



Hug



Disco Diva



Groovy Chick



Cool Dude



Smile



TM

HGD-7th Grade Mrs. Gawlik

Hello!

I hope this finds you healthy and well. You should find an informational page that can be used to help you complete the following worksheet. Please be sure to carefully complete the worksheet.

If you have any questions or concerns, please contact me:

By email: kgawlik@hayward.k12.wi.us

By phone: 715-638-9412

I will be available Monday-Friday from 12 pm-1 pm.

Be safe and take care,

Mrs. Gawlik

Shaken Baby SYNDROME

What is SBS?

Shaken baby syndrome (SBS), also known as abusive head trauma, is a serious form of child abuse that causes brain injury when an infant or a child up to age 5 is violently shaken or suffers another form of head trauma. SBS, which is completely preventable, may cause:

Behavioral problems
Partial or total blindness
Hearing loss
Seizure disorders
Mental retardation or developmental delays
Cerebral palsy
Death

What happens when a baby is shaken?

A baby's neck muscles are weak and cannot support the head. When a baby is violently shaken or suffers another form of head trauma, the brain slams against the skull, damaging brain tissue, nerves, and blood vessels and causing the brain to swell. Neck and spinal injuries also are possible.

What are the symptoms of SBS?

SBS often does not produce external evidence of abuse but can be diagnosed by a healthcare professional. Immediately obtain emergency medical care if you suspect a baby or young child has been shaken. Symptoms of SBS may include:

Extreme irritability
Lethargy
Lack of appetite
Vomiting
Difficulty breathing
Semi-consciousness
Seizures

Why does my baby cry?

Babies cry up to several hours a day because they cannot explain what is bothering them, including hunger, tiredness, pain, or illness. Infants often cry even with proper care, so parents or caregivers should not blame themselves or get angry and shake a baby. They should calmly work to comfort the baby.

What should I do if my baby is crying?

Make sure the baby's basic needs, such as eating and diapering, are met.
Check for signs of illness or pain, such as fever.
Try gentle motion, such as rocking, and try soft sounds, such as singing.

What should I do if my baby won't stop crying?

Take a break. Place the baby on his or her back in a crib and go to a nearby room for up to 10 minutes.
Ask for help. Call a friend or family member for support. If nothing helps or the baby shows signs of illness, contact a healthcare professional.

SBS is a serious form of child abuse that is completely preventable.

Name

Date

Hour

Shaken Baby Syndrome Question Sheet

Mark a "+" for TRUE and an "o" for FALSE

- ___ 1. Shaken Baby Syndrome (SBS) is a form of child abuse.
- ___ 2. Shaken Baby Syndrome (SBS) cannot be prevented.
- ___ 3. Shaken Baby Syndrome (SBS) may cause developmental delays.
- ___ 4. A baby's neck muscles are weak and cannot support the head.
- ___ 5. Along with brain injury, Shaken Baby Syndrome (SBS) may cause spinal injuries.
- ___ 6. Babies rarely cry for more than a few minutes a day.
- ___ 7. Babies should be put on their backs when placed in a crib.

Name three symptoms of Shaken Baby Syndrome (SBS).

8.

9.

10.

Name 3 reasons babies cry.

11.

12.

13.

Name 2 things a person can do if a baby does not stop crying?

14.

15.

To: Quest, HGD & Discovery Students
From: Mrs. Gawlik
4th Quarter Extended Educational Opportunities

The following sites will allow you to explore health information that is current and accurate:

KidsHealth.org

<http://kidshealth.org>

This site provides a wealth of information that's parsed for kids and teens separately. Kids can find out what causes hiccups, what it means to be big boned or why people need to sleep, among many other things. Plus, there's a section devoted to explaining adult health problems like Alzheimer's, heart disease and ulcers. The teen section addresses more mature issues, like relationships, drugs and sexual health, in addition to a wide range of health issues. The information is curated by health care professionals.

BAM! Body and Mind

<http://www.cdc.gov/bam/index.html>

Need to find out how to deal with a bully? Do you know what SARS (Severe Acute Respiratory Syndrome) is and where it comes from? Ever pondered what bacteria and fungi might be lurking in the locker room? This fun site is a perfect place for tweens to explore health, fitness and social questions. The age-appropriate guides, articles, and quizzes are written by health professionals at the Centers for Disease Control and Prevention.

CDC's Kids' Quest

<http://www.cdc.gov/ncbddd/kids/index.html>

The CDC's Kids' Quest site provides basic facts on mental disorders, like ADHD, Autism and Tourette Syndrome, and physical impairments, like vision and hearing loss, to make them understandable to tweens. Plus, there are quizzes to help kids sort fact from fiction and suggested books and bios of famous people with each disorder or impairment. As with BAM! Body and Mind, the content is curated by the Centers for Disease Control and Prevention.

Choose My Plate

<http://www.choosemyplate.gov>

Build healthy eating habits one goal at a time. Students can learn about each of the 5 food groups. There are quizzes, recipes, tip sheets and videos that can challenge their food IQ.