

Part I & II - Help, I Don't Know How to Do This

PART – I PRO-ACTIVE TEEN & ADULT PARENTS CRISIS INTERVENTION

*The Ever***BETTER**

Who is most at risk for shaken baby syndrome (SBS)?

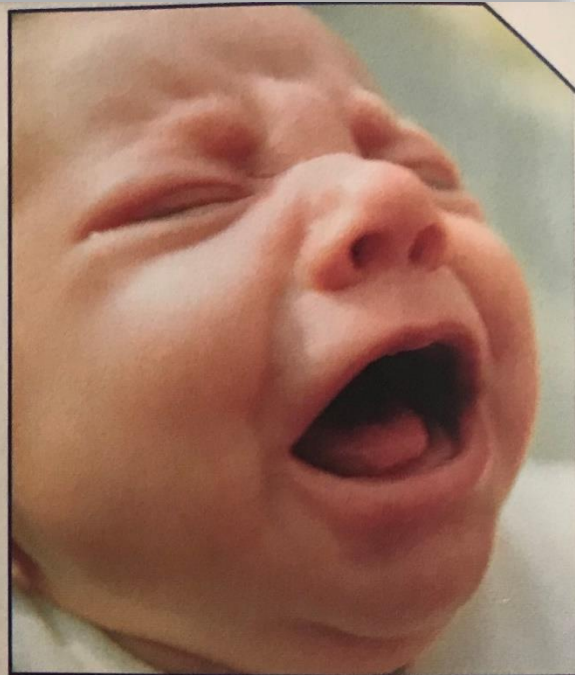
<https://my.clevelandclinic.org/health/diseases/13779-shaken-baby-syndrome>



Shaken Baby Syndrome

Shaken baby syndrome is a pattern of severe head injuries an infant or child can suffer when shaken violently. The most common reason for shaking a baby is crying. Many infants cry for long periods in spite of all attempts to comfort them. If a caregiver gets frustrated or angry and shakes the baby, the baby's brain can bounce against the inside of the skull. The brain and blood vessels in the head may be damaged. The long-term consequences can include permanent disability or death.

- Forcefully shaking a baby for even a few seconds is long enough to cause damage.
- Signs of brain damage may include a change in behavior, lethargy, loss of consciousness, pale or bluish skin, vomiting, and seizures.



- Immediate emergency treatment is necessary. However, once the injury has occurred, the damage is already done.

If a baby won't stop crying, parents and caregivers can ask someone else for help or let the baby cry. Either option is better than risking the terrible consequences of shaken baby syndrome.

SBS happens most often in infants up to one year, with infants aged two to four months being most at risk. SBS does not usually happen after age two, but children as old as five or six can be damaged in this way if the shaking is extremely violent.

[Parenting Rewards & Responsibilities]

PRO-ACTIVE CRISIS INTERVENTION

Support: Family members shouldn't wait until a crisis occurs to seek help. They can get support from resources;

Education: Parents and caregivers are less likely to become frustrated with children's behavior if they understand the developmental stages of childhood and have realistic expectations. Parent can educate themselves and build their parenting skills, by:

<https://my.clevelandclinic.org/health/diseases/13779-shaken-baby-syndrome>

Why do people shake babies?

Parents or caregivers may shake a baby because it is crying for a long time, and they may think that shaking the baby will make him or her stop crying. Some parents or caregivers may be under stress for various reasons, and may become frustrated and unable to cope with the responsibilities of caring for a child. Other caregivers may simply not know that shaking a baby can be so dangerous.

Who shakes babies?

People who are most likely to shake a baby have a direct connection to the baby (father or mother) or an indirect connection (babysitter, secondary family members), and are both male and female. Shaken baby syndrome can happen among families of any ethnicity, any income range and with any type of family composition.

What are the symptoms of shaken baby syndrome (SBS)?

A child or baby who has been shaken and has had an injury to the brain may have symptoms such as:

- Extreme irritability

- Vomiting
- Poor appetite or feeding problems
- Breathing difficulties
- [Convulsions \(seizures\)](#)
- Lethargy (extreme tiredness, lack of movement, inability to stay awake)
- Pale- or blue-colored skin
- Bruises on the arms or chest
- A large head or forehead
- A soft spot-on top of the head that is bulging
- Inability to lift his or her head
- Dilated (widened) pupils
- Tremors (the shakes)
- Inability to focus or follow movement with his or her eyes
- Coma (unconsciousness)

Some symptoms show up right away, but others may not appear until later. Some children may have attention and behavior problems later in life from being shaken when they were infants.

Babies and children who are shaken face serious medical problems as they grow older, including:

- [Brain damage](#)
- Blindness
- [Hearing loss](#)
- [Cerebral palsy](#)
- Speech and learning disorders, including mental retardation
- Seizures
- Neck and spinal cord damage, which can lead to problems with movement ranging from clumsiness to paralysis
- Death

Who is most at risk for shaken baby syndrome (SBS)?

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Teen Parenting SELF-ASSESSMENT

(FREE Resource #3 - Assessing Your Emotional Maturity)

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How well do you know yourself? One way to gain some insight of your *emotional maturity* is taking a self-assessment by asking yourself the following questions. Please remember that **emotional maturity** is the ability to understand and act on your emotions at an adult level of development. An **emotionally mature** person has the patience and self-control to remain calm when children are crying or misbehaving:

1. Do you accept responsibility without being pressured and without complaining?
2. Can people depend on you to honor long term commitments?
3. Are you patient, sympathetic, and responsive to what others need?
4. Can you set aside your own needs when someone else's needs are more important?
5. Do you have high self-esteem – positive feelings about yourself?
6. Are you willing to tackle problems instead of walking away from them?
7. Can you take care of yourself and others, or do you expect others to take care of you?
8. Can you control your emotions and manage stress when faced with difficulties?
9. Do you have a positive outlook on life?

REMINDER: These are “Adult Parents” - expectations. Please keep in mind that a TEEN Parent is a minor child – who has accelerated to the responsibility of hands on guidance learning “*real- life parenting*” application for his/her child. Although, the adult – head of household parents may have mastered all of these, YOU should mentor the “*teen parent*” by YOUR examples -- with respect, fairness, trustworthiness, responsibility, and integrity.

Most parents do feel overwhelmed during this time. However, the key to emotional maturity is not how a person feels, but how he or she copes with those feelings and respond in real-life situations. People who are not emotionally prepared to take full responsibility for their own lives are not ready to make a lifelong commitment to a child. [Parenting Rewards & Responsibilities]

PART – II TEEN PARENTING, HELP, I DON'T KNOW HOW TO DO THIS!

A. The Chemical Dependent Baby

The heartbreaking withdrawal of drug-dependent newborns

<https://www.statnews.com/2016/08/16/drug-dependent-newborns-opioid-epidemic/?fbclid=IwAR0oB9DNBOYZ0APvQRT9DOG9irUXnT7Wflyt0BkE9wi2Vcebeogc1HtWKO8>

B. Click links below for HELP and treatment services

<https://www.apa.org/pi/women/resources/treatment-resources-pregnant-women.pdf>

Treatment Services for Pregnant and Parenting ... - CT.gov

portal.ct.gov › media › DMHAS › womenservices › womensbrochure

Women's Specialty Programs, designed to be gender-specific. Many enable a **woman** to bring at least one of her **children with** her while she lives at the program.

Treating Pregnant Women With Substance Abuse Issues in an ...

www.counseling.org › docs › default-source › vistas › treating-pregna...

by C Crawford - [Cited by 3](#) - [Related articles](#)

Some **women** experience **substance use** and addiction problems during **pregnancy**. According to the 2011 National Survey on **Drug Use** and Health (Gordek & ...

Treatment Standards for Women With Substance Use Disorders

www.smchealth.org › file-attachments › womenstxstandardsguideline

by M Botticelli - [Related articles](#)

D. Prepared by the National Association of State **Alcohol** and **Drug** Abuse Directors (NASADAD), **with** support from the **Substance** Abuse and Mental Health ...

NC Perinatal and Maternal Substance abuse and the ...

ncpoep.org › guidance-document › treatment-matters › nc-perinatal-a...

The Initiatives include a robust effort for cross-service area referral so that no **pregnant woman** or **woman with children** seeking **treatment** and who is willing to ...

Ads