Abusive head trauma (AHT) is the leading cause of fatal head injuries in children younger than 2 years.¹ The AAP replaced the term “Shaken Baby Syndrome” with abusive head trauma, because it is more encompassing of the actions that cause the injury. AHT is a preventable and severe form of physical child abuse that results in an injury to the brain of a child. AHT often happens when a parent or caregiver becomes angry or frustrated because of a child’s crying. It is caused by violent shaking and/or with blunt impact.²

In this Document

- Caring for Our Children Standards Related to Abusive Head Trauma
- Resources for State, Territory, and Tribal Lead Agencies
- Resources for Child Care Providers
- Resources to Share with Families
Caring for Our Children Standards Related to Abusive Head Trauma

### Caring for Our Children Standards That Apply to All Health and Safety Topics

<table>
<thead>
<tr>
<th>Standard</th>
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<td>1.4.1.1/1.4.2.3</td>
<td>Pre-Service Training/Orientation</td>
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<td>1.4.4.1/1.4.4.2</td>
<td>Continuing Education for Directors, Caregivers/Teachers in Centers, and Large Family Child Care Homes</td>
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<td>1.6.0.1</td>
<td>Child Care Health Consultants</td>
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<td>10.4.2.1</td>
<td>Frequency of Inspections for Child Care Centers, Large Family Child Care Homes, and Small Family Child Care Homes</td>
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### Caring for Our Children Standards Related to Abusive Head Trauma

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<th>Standard</th>
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<td>Additional Qualifications for Caregivers/Teachers Serving Children Birth to Thirty-Five Months of Age</td>
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<td>10.3.5.3</td>
<td>Training of Licensing Agency Personnel About Child Abuse</td>
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</table>
Resources for State, Territory, and Tribal Lead Agencies

The following resources are designed to support best practices in the development of abusive head trauma standards, policies, and training.

General Resources

American Academy of Pediatrics’ Abusive Head Trauma in Infants and Children Policy Statement
In April 2020, the American Academy of Pediatrics revised the policy statement summarizing a decade of evidence supporting the diagnosis of “abusive head trauma.” Abusive head trauma has replaced “shaken baby syndrome” as a more precise term that includes shaking and other actions that can injure a child’s brain. Clinical studies continue to emphasize the importance of shaking as a cause of abusive head trauma.

Preventing Shaken Baby Syndrome: A Guide for Health Departments and Community-Based Organizations
This guide from the Centers for Disease Control and Prevention (CDC) helps your organization identify its role in taking action to protect infants from shaken baby syndrome. It outlines steps to implement evidence-based intervention strategies to add specific education messages into existing programs for new parents, caregivers, professionals, and the public and to take part in activities that affect policies in preventing abusive head trauma.

This guide provides voluntary minimum guidelines from which all grantees should operate. These guidelines ensure that children are cared for in healthy and safe environments and that their basic needs are met.

Abusive Head Trauma Web Page
This web page from the CDC contains an overview of abusive head trauma, its consequences, and how it can be prevented.

A Journalist’s Guide to Shaken Baby Syndrome: A Preventable Tragedy
This guide can support states, territories, and Tribes in developing public service announcements, helping people understand the dangers of violently shaking a baby, the risk factors associated with abusive head trauma, the triggers for it, and ways to prevent it, which may help reduce the number of babies affected by abusive head trauma.

State Examples

These are some states that have adopted or are in the process of adopting licensing standards that match Caring for our Children recommendations for preventing abusive head trauma:

♦ North Carolina Licensing for Family Child Care and Center Providers
♦ Montana’s Proposed Licensing Standards (in public comment period)
Statewide Campaigns

♦ Nebraska Abusive Head Trauma Campaign Toolbox
♦ Missouri Prevent Shaken Baby Syndrome/Abusive Head Trauma Public Education Campaign

National Center on Shaken Baby Syndrome Training Modules

♦ Basic Shaken Baby Syndrome Training
♦ Child Care Providers Intro to SBS/AHT
♦ Child Care Providers Intro to SBS/AHT (Spanish)
♦ Period of PURPLE Crying Training for Implementation
Resources for Child Care Providers

The following resources are for preventing abusive head trauma in child care programs.

Webinars

**Child Care Health Consultant Webinar Series: Preventing Shaken Baby Syndrome/Abusive Head Trauma**

This webinar on preventing shaken baby syndrome, also known as abusive head trauma, is part of a series of webinars for child care health consultants.

**Keeping Them Safe – Abusive Head Trauma Webinar**

This webinar, which is housed on ECLKC, focuses on prevention strategies to reduce the risks of abusive head trauma in early education settings.

Staff Wellness

**Creating a Healthier Life: A Step-by-Step Guide to Wellness**

Self-care is very important to caregivers of young children. When a caregiver is overwhelmed or stressed, they are more likely to be frustrated with a child in their care. This guide will assist caregivers in taking steps toward mental and physical wellness, including seeking support from others and forming routines and good habits.

**Promoting Staff and Family Well-Being**

Early learning programs can play a key role in helping children, families, and staff commit to finding ways to reduce stress in their lives. Programs can also create wellness strategies that promote both physical and mental well-being. In these resources provided on ECLKC, you will learn ways to promote a culture of wellness for young children and the adults who care for them.

National Center on Shaken Baby Syndrome Training Modules

- **Basic Shaken Baby Syndrome Training**
- **Child Care Providers Intro to SBS/AHT**
- **Child Care Providers Intro to SBS/AHT – Spanish**
- **Period of PURPLE Crying Training for Implementation**

Examples of Child Care Abusive Head Trauma Policies

- **Shaken Baby Abusive Head Trauma Policy** (English)
- **Shaken Baby Abusive Head Trauma Policy** (Spanish)
Resources to Share with Families

Resources to be shared with families to support caregiving strategies to reduce the risk of abusive head trauma.

Crying Plan Examples

**Care Plan for Parents from Wisconsin**
This fillable document provides a plan to identify people that parents and caregivers can reach out to when they need support. It also provides ways to help their baby. This is supported by the Wisconsin Child Abuse and Neglect Prevention Board.

**Crying Plan Examples from Idaho**
Crying is the number one trigger for shaken baby syndrome. All parents and caregivers need a plan for themselves and anyone who cares for their baby. These plans are funded under the Idaho state plan for public education on shaken baby syndrome.

Crying Babies

These web pages from the American Academy of Pediatrics’ parent and caregiver website provide family-friendly resources on abusive head trauma and how to care for a crying infant.

♦ **How to Calm a Fussy Baby: Tips for Parents & Caregivers**
♦ **Responding To Your Baby’s Cries**
♦ **Symptom Checker: Crying Baby - Before 3 Months Old**
♦ **Abusive Head Trauma: How to Protect Your Baby**

**The Period of Purple Crying Information for Dads**
This section of The Period of Purple Crying is dedicated to the support of fathers and includes information on being a military Dad on deployment, becoming attached to their baby, and getting dads involved.

Resources for Families Affected by Abusive Head Trauma/Shaken Baby Syndrome

**National Center on Shaken Baby Syndrome Family Resources**
Parents and caretakers of victims and survivors of shaken baby syndrome and abusive head trauma often have difficulty navigating the many resources available to them in the aftermath of abuse. This section of the National Center on Shaken Baby Syndrome website will help link families to some of the national and state-wide resources they may be able to use regarding disabilities, support, and crime victim assistance.
Wellness and Stress Management

Creating a Healthier Life, A Step-By-Step Guide to Wellness
Self-care is very important to families of young children. When a caregiver is overwhelmed or stressed, they are more likely to have increased frustration with their child. This guide will assist families and caregivers in making intentional steps toward mental and physical wellness, including seeking support from others and establishing routines and good habits.