

NEVER, EVER SHAKE A BABY

A woman with blonde hair is holding a baby in a white onesie. She has a pained expression on her face, with her mouth open as if crying or shouting. The background shows a wooden chair and a white bedsheet.

“ I didn't
think it
would be
this hard. ”

PARENTING IS TOUGH
FOR RESOURCES & HELP...

Call **828.250.6000**

Available **24/7**

GOOD PARENTS ARE MADE
NOT BORN

NEVER, EVER SHAKE A BABY

NO MATTER HOW FRUSTRATED YOU ARE

- It is normal for babies to cry off and on or for long periods of time
- If you feel you can't cope, place the baby in a safe place and walk away
- Never, ever shake a baby! Shaking a baby can cause permanent brain damage, injuries and even death

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