

# 安抚啼哭的宝宝，避免摇晃宝宝

## Soothe a Crying Baby and Prevent Shaken Baby

### Soothing a Crying Baby

Babies cry for many reasons. Sometimes babies cry to tell us what they need, such as when they are hungry, wet, tired or even bored. At times, you may not know why your baby is crying. Some babies cry more than others, especially in the first few months of life.

It is normal for babies to:

- Cry on and off
- Keep crying when you are trying to comfort them
- Cry more in the evening hours when tired
- Have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs
- Cry for a long time

Responding to your baby's crying quickly can prevent them from becoming too upset. This can make them easier to sooth. It will not spoil them.

Try these things to calm your baby:

- See if your baby is hungry. Be careful not to overfeed your baby, but sometimes they may need to eat more often, such as during a growth spurt.
- Change your baby's diaper if they are wet or dirty.
- Give your baby a warm bath.
- Cuddle or swaddle your baby in a blanket and hold them close to you.
- Place your baby's head near your heart.

### 安抚啼哭的宝宝

宝宝啼哭有很多原因。某些情况下，如当宝宝感到饥饿、疲乏、无聊或当尿布变湿时，宝宝会通过啼哭提示我们其需求。其他情况下，您不一定知晓宝宝啼哭的原因。有些宝宝较其他宝宝发生啼哭的情况更多，特别是在出生后的最初几个月。

下列情形为婴儿的正常现象：

- 断断续续地啼哭。
- 当您试着安抚时，宝宝会继续啼哭。
- 傍晚疲乏时，宝宝啼哭更多。
- 啼哭时，宝宝可表现为满脸通红、攥紧拳头、腹部又硬又紧、弓背、腿蜷缩至腹部或僵直。
- 长时间啼哭。

针对宝宝的啼哭快速作出反应可防止其过于沮丧。这可使其更易被安抚。这样做并不会宠坏他们。

尝试以下几点，安抚您的宝宝：

- 确认您的宝宝是否饥饿。避免让宝宝进食过多，但其偶尔（例如在快速成长期）可能需要更频繁地进食。
- 更换湿尿布或脏尿布。
- 给宝宝洗个温水澡。
- 用毯子包住或裹紧宝宝，并把宝宝抱紧。
- 把宝宝的头靠在您心脏附近。

- You can use pacifiers with your baby. Never use a string to attach the pacifier around your baby's neck.
- Rock, walk with your baby or take them for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.
- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound, such as music, a fan or clothes dryer (do not place your baby on top of a washing machine or dryer).
- Keep the lights low and the room quiet.
- 可以给您的宝宝用安抚奶嘴。切勿用绳子将安抚奶嘴挂于宝宝颈部。
- 边走边轻轻摇晃宝宝或用婴儿车或小车带宝宝散步。
- 用稳定而温柔的声音跟宝宝说话。
- 对宝宝轻轻地唱歌、轻哼或发出咕咕声。
- 播放音乐，或者打开能够发出有节奏声音的家电，比如风扇或烘干机（切勿把宝宝放在洗衣机或烘干机上）。
- 把灯光调暗，保持房间安静。

## Crying Can Be Hard for Parents and Caregivers

You may find ways to calm your baby, but it might not work every time. There may be times your baby cries no matter what you do. Although this is normal, parents sometimes worry there is something wrong.

Toddlers cry for the same reasons babies cry. Toddlers can also cry when they try to learn new things.

It can be hard to soothe your baby when you are upset. If you feel yourself getting frustrated, have someone watch and comfort your baby while you take a break. If you are alone with your baby, put them in a safe place, like their crib, while you calm down.

### If you feel frustrated or stressed:

Caring for babies and toddlers is stressful, even when they are not crying. Know when you are becoming stressed out. Have a plan to calm yourself down. After putting your baby on their back in a safe crib or playpen:

- Take several deep breaths and count to 100.
- Go outside for fresh air.
- Wash your face, or take a shower.

## 对父母和其他照顾者而言，宝宝啼哭可能是一件很难应对的事

您也许能想到安抚宝宝的办法，但不一定每次都管用。某些情况下，无论您如何应对，宝宝都会啼哭。这很正常，但父母有时会为此感到担忧。

幼儿啼哭的原因和婴儿一样。幼儿在尝试学习新事物时也会啼哭。

心烦意乱时，您将很难安抚您的宝宝。如感到沮丧，您应该稍作休息，让其他人帮忙照看、安抚您的宝宝。如您独自与宝宝相处，您应该把宝宝放在安全的地方（例如婴儿床），让自己恢复平静。

### 如果您感到沮丧或压力大：

照顾婴儿和幼儿是一项压力极大的工作（即使他们不啼哭）。知道何时您会变得极度焦虑。制定计划，让自己恢复平静。将宝宝以仰卧位置于安全的婴儿床上或有围栏的玩耍区中，然后：

- 做几次深呼吸，数到100。
- 去室外呼吸新鲜空气。
- 洗脸或者洗澡。

- Exercise. Do sit-ups, or climb the stairs a few times.
- Go in another room, and turn on the TV or radio.
- Call a friend or relative.

### **Check on your baby every 5 to 10 minutes.**

Although it is normal for babies to cry, call your baby's doctor if you have any concerns that your baby is sick.

Call your baby's doctor for advice if your baby:

- Cries too much
- Has cries that are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

## **Shaken Baby**

Shaken baby syndrome (SBS) is a brain injury that happens when a frustrated person violently shakes a baby or toddler.

Shaking often happens when caregivers, like parents, babysitters or other family members, get frustrated or angry when an baby will not stop crying.

Shaking can cause brain damage that can lead to:

- Death
- Blindness
- Deafness
- Epilepsy (seizures)
- Cerebral palsy
- Mental retardation
- Learning problems
- Behavior problems
- poor coordination

- 锻炼。做仰卧起坐，或者爬几次楼梯。
- 去其他房间，打开电视或收音机。
- 给朋友或亲戚打电话。

**每隔 5-10 分钟检查宝宝一次。**

宝宝啼哭是正常的，但如果您担心宝宝生病了，请联系宝宝的医生。

如果宝宝有以下情况，请联系宝宝的医生，寻求建议：

- 啼哭过多
- 啼哭太大声、尖锐或没有休止
- 每天啼哭超过 3 小时，每周超过 3 天。

## **摇晃宝宝**

摇晃婴儿综合征（SBS）是由于心情沮丧的人剧烈摇晃婴儿或幼儿而对其脑部产生的损害。

宝宝不停啼哭时，照顾者（如父母、保姆或其他家庭成员）会感到沮丧或愤怒，常常会摇晃宝宝。

摇晃会导致大脑损伤，可能造成：

- 死亡
- 失明
- 耳聋
- 癫痫（癫痫发作）
- 脑瘫
- 智力低下
- 学习问题
- 行为问题
- 协调性差

No matter how long your baby cries or how frustrated you feel, never shake or hit your baby. Tell anyone who cares for your baby that if they ever become frustrated to put your baby in a safe place, like their crib, and call you. Tell them to never shake your baby.

## Before leaving your baby with anyone

### Ask yourself these questions:

- Does this person want to watch my baby?
- Can I watch this person with my baby before I leave?
- Is this person good with babies?
- Will my baby be in a safe place with this person?
- Have I told this person to never shake my baby?

Trust your instinct. If it does not feel right, do not leave your baby!

### Do not leave your baby with anyone who:

- Seems annoyed when your baby cries.
- Says your baby cries too much.
- May become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has been violent before.
- Lost custody of their own children because they could not care for them.
- Abuses drugs or alcohol.

无论您的宝宝啼哭多久，无论您有多沮丧，切勿摇晃或对您的宝宝实施体罚。告诉其他照顾者，如果他们感到沮丧，请将宝宝置于安全的地方（例如婴儿床）并联系您。告诉他们切勿摇晃您的宝宝。

## 在把宝宝交给任何人照顾之前

### 务必理清以下问题：

- 他/她想照顾我的宝宝吗？
- 我能在离开前观察他/她照顾我的宝宝吗？
- 他/她懂得照顾宝宝吗？
- 我的宝宝和他/她在一起安全吗？
- 我告诉过他/她切勿摇晃我的宝宝吗？

相信您的直觉。如果感觉不对，不要离开您的宝宝！

### 切勿把宝宝交给符合以下任一描述的任何人：

- 当您的宝宝啼哭时，他/她看起来很恼怒。
- 他/她说您的宝宝哭得太多。
- 如果您的宝宝啼哭或者被打扰，他/她可能会生气。
- 可能因为生您的气而粗暴对待您的宝宝。
- 曾有过暴力行为。
- 曾因不能照顾自己的孩子而失去监护权。
- 滥用毒品或酒精。

## If you think your baby has been shaken, call 911

### Early signs:

- Change in sleeping pattern
- Hard to wake up
- Throwing up (vomiting)
- Bruising on shoulders, arms or legs
- Irritable
- Will not eat or nurse
- Crying that cannot be calmed

### Late signs:

- Will not respond or wake up
- Breathing problems
- Seizures or shaking (convulsions)
- No heartbeat

All of these signs are serious. Save precious time by calling 911 right away if you think your baby has been shaken.

## 如果您认为有人摇晃了您的宝宝，请拨打 911 急救电话。

### 早期迹象：

- 睡眠习惯改变
- 嗜睡
- 呕吐
- 肩膀、手臂或腿部淤青
- 易怒
- 不进食、拒乳
- 无法安抚的啼哭

### 晚期迹象：

- 没有回应、无法唤醒
- 呼吸异常
- 癫痫发作或颤抖（抽搐）
- 心跳停止

上述迹象均表明，情况极为严重。如果您认为有人摇晃了您的宝宝，请立即拨打 911 急救电话，节省宝贵的时间。