

# 撫慰哭鬧的寶寶，避免搖晃寶寶

## 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.

### 撫慰哭鬧的寶寶

寶寶哭鬧有很多原因。某些情況下，如當寶寶感到飢餓、疲乏、無聊或當尿布變濕時，寶寶會通過哭鬧提示我們其需求。其他情況下，您不一定知曉寶寶哭鬧的原因。有些寶寶較其他寶寶發生哭鬧的情況更多，特別是在出生後的最初幾個月。

以下情形為嬰兒的正常現象：

- 斷斷續續地哭鬧。
- 當您竭力撫慰寶寶時，他卻哭個不停。
- 晚上疲憊的時候，寶寶哭鬧次數會更多
- 寶寶可表現為滿臉通紅，雙拳緊握，腹部抽緊，弓背，雙腿蜷縮至腹部或者雙腿僵硬
- 長時間哭鬧。

針對寶寶的哭鬧快速作出反應可防止其過於沮喪。這可使其更易被撫慰。這樣做並不會寵壞他們。

嘗試以下辦法安撫您的寶寶：

- 看看你的寶寶是否餓了。避免讓寶寶進食過多，但其偶爾（例如在快速成長期）可能需要更頻繁地進食。
- 更換濕尿布或髒尿布。
- 給寶寶洗個溫水澡。
- 用毯子將寶寶擁入懷中并緊抱住他。
- 將寶寶的頭靠近您的心臟附近。

- 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.
- 可以給您的寶寶用安撫奶嘴。切勿用繩子將安撫奶嘴掛於寶寶頸部。
- 一邊走一邊輕搖您的寶寶，或者將其放入嬰兒車或汽車玩具中推行一段。
- 用平穩柔和的聲調和寶寶耳語。
- 給您的寶寶輕聲唱歌、哼曲或輕哼。
- 播放音樂，或者打開能夠發出有節奏聲音的家電，比如風扇或烘乾機（切勿把寶寶放在洗衣機或烘乾機上）。
- 調暗燈光，保持房間安靜。

## 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.

## 對父母和其他照顧者而言，寶寶哭鬧是一件很難應對的事

您也許能想到安撫寶寶的辦法，但不一定每次都管用。某些情況下，無論您如何應對，寶寶都會哭鬧。這很正常，但父母有時會為此感到擔憂。

幼兒哭鬧的原因和嬰兒一樣。幼兒在嘗試學習新事物時也會哭鬧。

心煩意亂時，您將很難安撫您的寶寶。如感到沮喪，您應該稍作休息，讓其他人幫忙照看、安撫您的寶寶。如您獨自與寶寶相處，您應該把寶寶放在安全的地方（例如嬰兒牀），讓自己恢復平靜。

### 如您感到沮喪或壓力大：

照顧嬰兒和幼兒是一項壓力極大的工作（即使他們不哭鬧）。知道何時您會變得極度焦慮。制定計劃，讓自己恢復平靜。將寶寶以仰臥位置於安全的嬰兒牀上或有圍欄的玩耍區中，然後：

- 做幾次深呼吸，數到100。
- 去室外呼吸新鮮空氣。
- 洗臉或者洗澡。

- 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

- 鍛鍊。做仰臥起坐，或者爬幾次樓梯。
- 去其他房間，打開電視或收音機。
- 給朋友或親戚打電話。

**每隔 5-10 分鐘檢查寶寶一次。**

寶寶哭鬧是正常的，但如果您擔心寶寶生病了，請聯絡寶寶的醫生。

如果寶寶有以下情況，請聯絡寶寶的醫生，尋求建議：

- 哭鬧地太過頻繁
- 哭鬧聲太大、過於刺耳或從不停歇
- 每天哭鬧三個小時以上以及每週三天以上都會哭鬧

## **搖晃嬰兒**

搖晃嬰兒綜合症（SBS）是由於心情沮喪的人劇烈搖晃嬰兒或幼兒而對其腦部產生的損害。

寶寶不停哭鬧時，照顧者（如父母、保姆或其他家庭成員）會感到沮喪或憤怒，常常會搖晃寶寶。

搖晃會導致大腦損傷，可能造成：

- 死亡
- 失明
- 耳聾
- 癲癇（癲癇發作）
- 腦癱
- 智力低下
- 學習問題
- 行為問題
- 協調性差

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.

無論您的寶寶哭鬧多久，無論您有多沮喪，切勿搖晃或對您的寶寶實施體罰。告訴其他照顧者，如果他們感到沮喪，請將寶寶置於安全的地方（例如嬰兒牀）並聯絡您。告訴他們切勿搖晃您的寶寶。

## 在把寶寶交給任何人照顧之前

### 務必理清以下問題：

- 他/她想照顧我的寶寶嗎？
- 我能在離開前觀察他/她照顧我的寶寶嗎？
- 他/她懂得照顧寶寶嗎？
- 寶寶和他/她在一起安全嗎？
- 是否告訴過他/她切勿搖晃我的寶寶？

相信您的直覺。如果感覺不對，不要離開您的寶寶！

### 切勿把寶寶交給符合以下任一描述的任何人：

- 當您的寶寶哭鬧時，他/她看起來很惱怒。
- 他/她說您的寶寶哭得太多。
- 如果您的寶寶哭鬧或者被打擾，他/她可能會生氣。
- 可能因為生您的氣而粗暴對待您的寶寶。
- 曾有過暴力行為。
- 曾因不能照顧自己的孩子而失去監護權。
- 濫用毒品或酒精。

## 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.

## 如您認為有人搖晃了您的寶寶，請撥打 911 急救電話。

### 早期跡象：

- 睡眠習慣改變
- 嗜睡
- 嘔吐
- 肩膀、手臂或腿部淤青
- 易怒
- 不進食、拒乳
- 無法安撫的哭鬧

### 晚期跡象：

- 沒有迴應、無法喚醒
- 呼吸異常
- 癲癇發作或顫抖（抽搐）
- 心跳停止

上述跡象均表明，情況極為嚴重。如果您認為有人搖晃了您的寶寶，請立即撥打 911 急救電話，節省寶貴的時間。