

EXPLORE

MONTESSORI • ACADEMY

Shaken Baby Prevention Policy

All child care providers at Explore Academy will follow prevention of shaken baby recommendations for infants.

1. Never shake a baby.
2. Try safe soothing when a baby is crying and has been fed, changed and had a nap.
 - a. Hold baby close to your body and walk
 - b. Rock them while talking or singing softly
 - c. Lie them across your needs on their tummy and pat their back
 - d. Play white noise, soothing music, or a rhythmic heartbeat
 - e. Try pacifier or thumb to suck
 - f. If needed lay baby in crib and walk away for a short period to calm yourself
 - g. Call parents if you are concern and crying is inconsolable for more than 15 minutes
2. Take care of yourself
 - a. Take breaks as needed
 - b. Breathe
 - c. Talk to others to reduce your frustration and de-escalate after a challenging episode
 - d. Ask co-workers to take a turn with a challenging infant
 - e. Watch your co-workers for exhaustion, frustration or bun out and offer to help

I understand the Explore Prevention of Shaken Baby policy and commit to following these rules:

Name: _____ Signature: _____ Date: _____