

Understanding Shaken Baby Syndrome

Curriculum Overview

Designed for:

- Middle school or high school students
- Community education (parenting classes, babysitter training, fathers or male partners groups, grandparent groups, daycare providers, foster care providers)
- Public health organizations (public service, child abuse prevention, and other public health agencies)
- Clinical education (prenatal and postnatal classes, First Responder training, offender education)

Length:

The activities described in this lesson require between 40 and 60 minutes for presentation. With supplemental materials, this lesson can be adapted to a larger block of time (e.g., 80 to 90 minutes).

Goal:

To help increase awareness of the injuries involved in Shaken Baby Syndrome, and to help reduce the incidence of SBS through education.

Synopsis:

This curriculum introduces the Realityworks Shaken Baby Syndrome Simulator[™], presents documented information about SBS, and provides activities and discussions designed to educate students and communities about this devastating and preventable injury. This curriculum uses the SBS Simulator and additional teaching aids to educate students about the physical injuries caused by shaking a baby. The curriculum presents the clinical symptoms of a severe shaking, the situations that can lead to a caregiver's loss of control, and ways to anticipate and ease the frustration, anger, and stress that can occur when caring for a baby or young child.

Designed and developed by subject matter professionals, health education and curriculum specialists, this curriculum includes pre- and post-summative assessments. The lesson and activities include objectives, materials required and approximate class time. Supplemental activities are also suggested. U.S. National Health Education Standards and Family and Consumer Sciences supported are listed.

Issues Addressed:

- Shaken Baby Syndrome (SBS) and the signs and symptoms
- Areas of the brain that are affected by severe shaking
- What happens physically when a baby or small child is shaken
- How a baby's crying can trigger a caregiver's shaking a baby
- The characteristics or profile of a person likely to shake a baby
- A plan for handling frustration, anger, and stress when a baby cries

Curriculum Components:

- Teacher's guide – complete lesson, including detailed steps of activities, time and materials needed, student worksheets, and instructor information for each lesson
- Student materials
- Survey and assessment tools – to track student knowledge and attitudes prior to and after the learning experience, including summative assessments with answer keys
- Microsoft PowerPoint[®] presentation slides
- Hyperlinks to web sites with additional information on the topic being discussed, and resource lists of web sites and other materials for additional information

Learning Objectives:

1. Define Shaken Baby Syndrome (SBS)
2. Identify the signs and symptoms of SBS
3. Through use of the SBS Simulator, show areas of the brain that are affected by severe shaking
4. Explain what happens physically when a baby or small child is shaken
5. Explain how a baby's crying can trigger a caregiver's shaking a baby
6. Identify the characteristics or profile of a person likely to shake a baby
7. Formulate a plan for handling frustration, anger, and stress when a baby cries
8. Identify resources for additional information on SBS