

No baby has ever
died from crying,
but too many have
been injured or died
from being shaken.



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ACKNOWLEDGMENTS



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OTHER HELPFUL RESOURCES

Shaken Baby Syndrome: Protect Your Infant from Abusive Head Trauma:

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Abusive-Head-Trauma-Shaken-Baby-Syndrome.aspx>

The American Academy of Pediatrics Warns of Subtle Signs of Abusive Head Trauma:

<https://www.healthychildren.org/English/news/Pages/AAP-Updates-Policy-on-Abusive-Head-Trauma.aspx>

To care for your baby,
you need to care for
yourself



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A Promise to Love and Protect All Children



ADAM CARBAJAL in 2004

A Prevention Program Administered By



Never **ever** shake a baby!

BABIES CRY! All healthy babies cry; especially when they are tired, hungry, uncomfortable, bored, lonely, or overstimulated.

WHAT YOU CAN DO. It is important to respond quickly when your baby cries by checking for a diaper change? Hungry? Too hot or cold? Check for fever? If your baby is still crying after you check these areas, try comforting your baby by:

- Holding your baby and talking or singing to them in a quiet soothing voice or playing soft music & using a rattle or toy to get their attention.
- Gently stroking your baby's back, arms, legs and feet using long strokes or try gently rocking your baby.
- Giving your baby a pacifier or taking your baby for a ride in a stroller or car using a car seat.

IF NOTHING SEEMS TO WORK. If your baby continues to cry, there might be a medical condition, so you need to talk to your family doctor/pediatrician. Until you see a doctor, learn to be patient, because your baby's cries will be very frustrating! If you feel too tired or you can't calmly care for your baby, or have trouble controlling your anger, follow these tips:

- Lay your baby on their back, in their crib with no toys, pillows, or blankets and with the sides up, and walk away. Sit down, close your eyes and take deep breaths.
- Call a family member or friend to talk or ask them to come over to give you a break.

DON'T BE AFRAID TO ASK FOR HELP. Caring for your baby can be very difficult, and there are many organizations available to help you. But always remember, no matter how tired or angry you feel, **NEVER SHAKE YOUR BABY TO STOP THEIR CRYING!** *The neck muscles in infants & young children are weak & cannot support their heads, so if you shake a baby, the motion causes the baby's fragile brain to slam against the skull wall, causing blindness, permanent brain damage or death!*



Maria Alvarez-Garcia continues to share the story about how her grandson, Adam Carbajal, was a victim of Shaken Baby Syndrome.

Please read their story because *it could save your baby's life!*

He has never walked and cannot communicate or care for himself. Adam suffers daily as his health continues to deteriorate from seizures, contractures, weight loss and skin issues. Some days tears run down his face but since he cannot express himself his family doesn't know if he is in pain or sad which is heartbreaking either way. Doctors state they are shocked he has lived this long and anticipate the end is near.

Maria continues to share Adam's story with new parents because she wishes her family had been informed of the dangers of SBS and could have protected Adam. Please watch the DVD "Adam's Project – A Promise to Love & Protect" which is available on the FCCAP website under videos and be sure to share this information with your family, friends and anyone else in your baby's life.

Adam's story illustrates how child abuse can be a life sentence of suffering for the victim and their family. Adam is pictured at right at his home in 2025. For more information on SBS or other dangers to infants, contact FCCAP at 559-268-1118 or visit: <https://fccapblog.wordpress.com/types-of-child-abuse/> to view "Adams Project" video.



LIKE MOST FIRST BIRTHDAYS, Adam's first birthday in 2004 was a wonderful celebration. However, the very next day, Maria received a frantic call from Adam's mother (her daughter), saying that Adam was at Valley Children's Hospital due to injuries from a fall. Test results were devastating because Adam had severe bleeding of the brain, retinal hemorrhaging and given only a 5% chance of living!

Maria's family began to question how could Adam be hurt so badly just from a fall? After surgery, the medical staff at Valley Children's Hospital informed Adam's family his injuries were non-accidental and they believed that Adam was violently shaken. These suspicions were confirmed when Adam's babysitter (his mother's boyfriend at the time) finally confessed that he lost his temper when Adam wouldn't stop crying and violently shook him. Unfortunately, this is a common scenario for Shaken Baby Syndrome (SBS) victims like Adam and many lives are devastated because of one careless act by a frustrated parent or caregiver.

Adam turns 22 in October 2025.

Don't ever be afraid to ask for help because what you don't know can hurt your child!