

Shaken Baby Syndrome Video: New Parents

Traditional Chinese

<p>Dr. Kacica: Three seconds is all it takes to change a life forever. Most of the time Shaken Baby Syndrome occurs when adults frustrated and angry with children shake them violently. Shaken Baby Syndrome is child abuse. One in four shaken babies die. Others are left permanently disabled mentally and physically.</p>	<p>Dr. Kacica : 只要三秒鐘就會永遠改變一生。嬰兒搖晃症候群大多是發生於成人對孩童感到惱怒氣憤而將他們劇烈搖晃。嬰兒搖晃症候群是一種兒童虐待。每四個被搖晃的嬰兒中就有一人會死亡。其他的嬰兒則會留下永久的身心障礙。</p>
<p>Patrick: There is nobody on the planet that has ever walked the planet that will be like her or had been like her. She is a unique human being. As unique as you can be.</p>	<p>Patrick : 這世界上將不會有人像她一樣，也不曾有人像她一樣。她是一個獨特的人。獨一無二。</p>
<p>Darryl: Cynthia loved to smile. She loved to be held by everyone. In fact she was even brought to her sister's school for show and tell. She was a big hit in both classes.</p>	<p>Darryl : Cynthia 很愛笑。她喜歡被人抱在懷裏。她甚至還被帶到姊姊的學校去獻寶分享，在班上大受歡迎。</p>
<p>Dr. Dias: Shaken Baby Syndrome is a form of child abuse and it results when a baby is thrown, slammed or violently shaken and the results include damage to the brain, bleeding around the surface of the brain, bleeding in the backs of the eyes the retinas of the eyes and in some cases rib or lung bone fractures.</p>	<p>Dr. Dias : 嬰兒搖晃症候群是兒童虐待的一種形式，當嬰兒被拋摔、猛烈撞擊或劇烈搖晃時都會造成該症候群，其後果包括：腦部損傷、腦部表面四周出血、眼部後方或視網膜出血，以及在某些情況下會導致肋骨或胸骨骨折。</p>
<p>Darryl: Cynthia was dropped off at 7:45am for care at a certified childcare provider. Actually, my wife's best friend. She had five children of her own. At that time she was happy, healthy and safe. Sometime in the early afternoon they believe about 1:30 she was shaken. The childcare provider then would call my wife and tell her to come straight home</p>	<p>Darryl : Cynthia 是在早上 7 點 45 分送交有認證的托兒業者照顧。其實，那是我太太最好的朋友。她自己有五個孩子。當時她很快樂、健康，而且安安全全的。據信 Cynthia 是在下午稍早時遭到搖晃，大約在 1 點半左右。托兒業者當時打電話給我太太，叫她下班後直接回家去接 Cynthia。她在剛過 6 點時抵達，馬</p>

<p>after work to pick up Cynthia. Arriving shortly after 6 pm she knew that there was something wrong with our child and rushed her to the hospital. There were no signs of life. They would try everything medically possible to revive her but no more could be done and she was pronounced dead at 6:59 PM on November 17th of 2000.</p>	<p>上發覺我們的孩子不對勁，於是火速送孩子到醫院。當時已經沒有生命跡象了。他們用盡一切可行的醫療方法試圖讓孩子起死回生，但仍然回天乏術，於 2000 年 11 月 17 日下午 6 點 59 分宣告不治。</p>
<p>Patrick: She was born happy and healthy on June 5, 2005. She was shaken by her baby nurse when she was just five days old. Broke four ribs, both collar bones and caused a severe brain injury. She lost about 60 percent of her rear cortex and has been challenged ever since.</p>	<p>Patrick : 她出生於 2005 年 6 月 5 日，是個快樂又健康的孩子。她才出生五天就遭到育嬰護士的搖晃。斷了四根肋骨、兩邊的鎖骨，並造成嚴重的腦部傷害。她的後方大腦皮質喪失了大約 60%，自此面臨極大挑戰。</p>
<p>Dr. Kacica: As seen in Darrell and Patrick’s situations their daughters suffered because someone lost control. It’s a story that happens too often. A babysitter, a childcare provider a parent becomes upset and usually without even thinking about what they are doing can cause devastating injuries, even death.</p>	<p>Dr. Kacica : 正如同在 Darrell 和 Patrick 的情況中所見，他們的女兒因為他人的失控而受害。這類事故太常發生。保母、托兒業者、父母在心煩意亂時往往未多加思考自己在做什麼，以致於造成破壞性的傷害，甚至導致死亡。</p>
<p>Narrator: Shaken Baby Syndrome is most often an act of unthinking, lashing out at a baby. Especially when the baby has been crying a lot. Babies have heavy heads and weak neck muscles. So, when a baby is shaken the delicate brain moves back and forth inside the skull causing serious brain injury. A baby’s brain and the blood vessels connecting the skull to the brain are fragile and immature. When a baby is shaken the brain bounces about the skull causing the blood vessels to tear away and blood to pool inside the skull causing permanent damage to the baby’s brain.</p>	<p>旁白者：嬰兒搖晃症候群最常發生於未經思考而對嬰兒出氣的行為，尤其是在嬰兒一直哭鬧時。嬰兒的頭部較重而頸部肌肉較弱。因此，當嬰兒遭到搖晃時，脆弱的腦部在頭蓋骨內前後搖動會造成嚴重的腦部損傷。嬰兒的腦部和連接頭蓋骨與腦部的血管是脆弱且尚未發育成熟的。嬰兒遭到搖晃時，腦部撞擊頭蓋骨而彈回會導致血管撕裂而在頭蓋骨內形成積血，對嬰兒的腦部造成永久性傷害。</p>

Shaking can cause:	搖晃會導致：
• Brain Injury	• 腦部損傷
• Cerebral Palsy	• 腦性麻痺
• Blindness	• 失明
• Learning and Behavior Problems	• 學習和行為障礙
• Seizures	• 癲癇
• Paralysis	• 癱瘓
• Death	• 死亡
Dr. Dias: It's vitally important for parents to talk with anyone who is going to be caring for their child about the effects of violent infant shaking and about Shaken Baby Syndrome.	Dr. Dias : 向凡是將要照顧自己寶寶的人士說明劇烈搖晃嬰兒的嚴重影響及嬰兒搖晃症候群，對於家長來說是極為重要的。
Narrator: Besides crying an adult may lash out at a baby because of problems they are having in their own lives such as financial worries or a recent separation. Even a problem as seemingly simple as not getting enough sleep may push a person's stress level high enough to lose control.	旁白者： 除了啼哭之外，大人也可能因為自己生活中的不順遂而把氣出到嬰兒身上，例如有財務問題或婚姻出狀況分居。就連睡眠不足之類看似單純的問題，也可能使一個人的壓力升高至足以失控的地步。
Darryl: There was no profile for someone that would shake a baby. We know that any adult could shake a baby in a moment of frustration and anger and change lives forever.	Darryl : 任何人都看不出來會搖晃嬰兒。我們知道任何成年人都可能在惱怒氣憤之際搖晃嬰兒，進而永遠改變其一生。
Narrator: Recognizing and reporting abuse can help to prevent it from escalating to the point where the child is seriously injured or dies.	旁白者： 確認並通報虐待事件有助於避免情況惡化，導致孩童嚴重受傷或死亡。
Look for signs such as:	請注意諸如下列徵兆：
• Tired	• 疲倦
• Limp	• 癱軟
• Lazy	• 沒精神
• Extreme irritability	• 極度煩躁
• Decreased appetite	• 食慾下降

<ul style="list-style-type: none"> • No smiling or making noises 	<ul style="list-style-type: none"> • 沒有笑容或不斷吵鬧
<ul style="list-style-type: none"> • Difficulty swallowing, sucking or breathing 	<ul style="list-style-type: none"> • 吞嚥、吸吮或呼吸困難
<ul style="list-style-type: none"> • Unable to lift head 	<ul style="list-style-type: none"> • 無法抬頭
<ul style="list-style-type: none"> • Unable to focus or track with their eyes 	<ul style="list-style-type: none"> • 眼睛無法注視或追蹤移動
<ul style="list-style-type: none"> • Different size pupils 	<ul style="list-style-type: none"> • 瞳孔大小不一
<ul style="list-style-type: none"> • Vomiting 	<ul style="list-style-type: none"> • 嘔吐
<ul style="list-style-type: none"> • Difficulty staying awake 	<ul style="list-style-type: none"> • 難以保持清醒
<p>Dr. Dias: If you think your baby's been shaken it's very important to seek medical attention immediately. You need to call 911 and bring the baby to the Emergency Room immediately to get medical help.</p>	<p>Dr. Dias : 如果您認為自己的寶寶遭到搖晃，立即尋求就醫非常重要。您需要致電 911 並立即將寶寶送至急診室以取得醫療援助。</p>
<p>Narrator: Learn to recognize your stress before it becomes critical and give yourself a time-out. If possible, call a family member or trusted friend to help you for a while so you can take a break. If no one else can help place the baby on their back in a safe place like a crib or play pen without blankets or pillows. Take this time to relax. Breathe slowing and deeply. Listen to music, read or exercise. The most important thing is to stop before you lose control.</p>	<p>旁白者：學習面臨壓力時的情緒控制，知道自己覺得有壓力時，能停下來讓自己喘息一下。如果可行，致電家人或可信賴的朋友，請他們來幫您帶一下孩子，讓您可以休息。如果沒有人能幫忙，就讓寶寶平躺在安全的地方，像是嬰兒床或嬰兒圍欄內，不要用毯子或枕頭。利用此刻放鬆情緒。慢慢地深呼吸。聽聽音樂、閱讀或舒展筋骨。最重要的事就是要在您失控之前阻止其發生。</p>
<p>It's just as important that caretakers and others who are around your baby understand the dangers of shaken baby syndrome. Talk to them about how to recognize the symptoms of stress and how to handle stress. Let them know that if they feel their stress level is becoming difficult for them to handle they should call you immediately.</p>	<p>這和確認照顧您寶寶的人、以及寶寶身邊的其他人明白嬰兒搖晃症候群的危險性，是一樣重要的。與他們討論如何確認壓力的徵候及如何處理壓力。讓他們知道，如果他們的壓力已經到達難以處理的程度，他們應該立即打電話給您。</p>
<p>Dr. Dias: All babies during the first few months of life cry a lot. And, most babies have a fussy period. This usually occurs</p>	<p>Dr. Dias : 所有的嬰兒在出生後的前幾個月都會哭鬧不停。而且，大部分嬰兒都會有一段麻煩難搞的時期。這</p>

<p>in the late afternoon or the early evening. Some babies will cry more than others. But, all babies have a period of inconsolable crying that may be difficult or even impossible to control completely. It's important to understand that crying doesn't mean that your baby is being bad or that you have done something wrong.</p>	<p>通常是出現於下午稍晚或傍晚稍早時。有的寶寶會比其他的嬰兒更愛哭。不過，所有的嬰兒都會有一段時間哭鬧不已，也許難以安撫或甚至根本不可能完全控制住。重要的是要明白，啼哭並不表示您的寶寶不乖或是您做錯了什麼。</p>
<p>To calm a baby, check to see if your baby is hungry, is too hot or too cold or needs a diaper change. Check to see if your baby is sick or has a fever. Feed your baby slowly and burp often. Rock your baby. Skin to skin contact will soothe and relax both baby and the adult. Run a vacuum cleaner or make other "white noise". While sitting, lay your baby face down across your knees and gently pat or rub their back. Play soft music, sing or hum to your baby. Take your baby for a ride in a stroller. And, if everything else fails let your baby cry it out.</p>	<p>安撫嬰兒...查看您的寶寶是否肚子餓、太熱或太冷，或是需要換尿布。查看您的寶寶是否生病或發燒。慢慢地餵奶並經常幫助您的寶寶打嗝。輕搖您的寶寶。肌膚接觸會使寶寶和大人都感覺舒緩放鬆。開動吸塵器或製造其他不擾人的雜音。坐著時，將寶寶俯臥在您的膝上，然後輕拍或揉搓其背部。播放輕柔的音樂，對您的寶寶哼唱。讓寶寶乘坐嬰兒車。如果每種方式都無效，就讓您的寶寶盡情哭吧！</p>
<p>Dr. Kacica: It is always better to take a break from a stressful situation then let it escalate to hurting a baby. Never, ever shake a baby.</p>	<p>Dr. Kacica: 在壓力緊繃的情況下喘息一會兒，總比讓壓力升高至傷害到嬰兒要好得多。千萬不要搖晃嬰兒。</p>
<p>For more information on caring for babies and young children visit www.health.ny.gov or call 1-800-522-5006</p>	<p>欲取得照顧嬰幼兒的更多資訊，請造訪 www.health.ny.gov 或致電 1-800-522-5006</p>