**1. How do I use the Baby Shusher App?**

**Basics** : After App launches, press START to activate sound. Use volume controls to adjust levels. Be sure to direct the sound toward the baby (phone speakers pointed toward baby and not away from baby), and that phone is within two feet of baby.

**Sound Equalizer** : Activating this feature will trigger the App to automatically sense when baby begins to come out of a cry spell (crying softer) and lower the volume level, rather than you as a parent having to manually turn down the volume. It could save you a trip back into baby’s room if it takes more than a few minutes for baby to be soothed.

**Shush Reactivation** : Activating this feature will trigger the App to automatically sense when baby wakes up in a cry spell and re-engage App with a matching “shush” level. So if both baby and parent are napping, and baby wakes up only ten minutes into naptime, the Baby Shusher App will automatically begin to work to soothe baby in hopes that mom or dad can stay in bed.

**Social Note** : Be sure to switch your phone to AIRPLANE MODE when using without direct parental supervision (like during nap time or at night) as to avoid incoming phone calls, texts and emails.

**Disclaimer**: Please use App only as directed. If you have any concerns, please consult your doctor first.

**2. When do I use the Baby Shusher App?**

The Baby Shusher App is intended to be used when baby has been well fed, has a clean diaper, has been appropriately burped, and is still in a crying spell.

**3. How close in proximity should I put my phone to my baby?**

It is important that the Baby Shusher App be within two-feet of baby’s hearing radius. This will ensure that baby hears the rhythmic shush above baby’s own cry and engages baby’s natural calming reflex.

The Baby Shusher App’s rhythmic shush can easily get lost if simply set on the dresser across the room from crib or used with a phone plug-in sound system. The first goal of the Baby Shusher App is to stop your baby from crying and not to simply provide soothing background noise (although this is an option once baby has calmed down).

**4. Where should the phone speaker be pointed?**

The direction of the rhythmic shush sound is VERY important. In order for baby to hear and engage with the rhythmic shush, the sound waves should be traveling TOWARD baby’s ears (and not away).

This means that speakers on the bottom of your phone should be pointed toward your baby’s hearing radius (whether in crib, in car seat, in stroller, or while holding baby).

**5. Should I use the Baby Shusher App along with other soothing techniques?**

YES. YES. YES. We highly recommend using the Baby Shusher App along with other soothing techniques (such as swaddling, swinging and sucking). Although we have seen the Baby Shusher App work on its own thousands of times, it would be foolish to not bring all options to the table at once when trying to calm your crying baby.

**6. What are the most common ways and places to use the Baby Shusher App?**

There are literally no limitations (except maybe in the swimming pool!). Some of the most common places to use the Baby Shusher App are while holding baby, when putting baby in crib for sleep time, naps, or at night, in the car seat with baby while driving, in the swing with baby, and in the stroller with baby. We’ve even seen parents use the Baby Shusher App as a preventive measure (starting the App before baby starts crying) to give baby the best possible chance of remaining calm and at peace.

**7. Can the loud volume level hurt my Baby’s ears?**

Remember, your baby is used to constantly hearing noises in utero at volumes up to 95 dBs (which is like a very loud vacuum cleaner). Our recommendation is to start the Baby Shusher App at a volume loud enough to catch baby’s attention during a cry spell and engage baby’s calming reflex, and then turn the volume down on the rhythmic shush to match baby’s calming state (or use the Shusher Automatic Sound qualizer Option).

**8. When should I start using the Baby Shusher App?**

We recommend using the Baby Shusher App from the day baby is born, that way it becomes a habitual way for baby to engage the calming reflex. Baby will begin to recognize the rhythmic shush immediately and calm down even more quickly over time.

**9. How long does the Baby Shusher App take to work?**

There is really not an easy way to answer this question. We’ve seen the rhythmic shush work within seconds on baby (see the video). We’ve also seen the Baby Shusher App take up to ten minutes before baby finally embraces the rhythmic shush and engages baby’s calming reflex. Every baby is different and unique.

**10. For how long can I use the Baby Shusher App with my baby?**

We’ve seen the Baby Shusher App be effective all the way up to nine months old; however, we think the most effective season for the Baby Shusher App is birth to four months.

**11. What doctors recommend the “shushing” technique?**

Among many, the most prominent is Dr. Harvey Karp, who is the nationally renowned creator of Happiest Baby on the Block (The 5 S’s), and who has appeared on Good Morning America, Dr. Phil and The View, among numerous other TV shows.