



Guide To Using The Baby Shusher



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- Set the scene with a good sleep environment, this includes turning your baby shusher on.
- Swaddle your baby if under 4 months old. Hold them and rock, or cuddle, or swing or pat with your baby shusher going. The goal here is to calm your baby and have them ready to sleep.
 - Once your baby is calm and ready to sleep pop them into bed. Try transferring them slightly feet first if they are asleep in your arms. If they get upset or need more settling try rocking or patting your baby in their bed.
- Keep the baby shusher going as your baby settles to sleep. We always give it another click (30 more minutes) before we leave the room to guarantee success.
- We also use the Baby Shusher on older babies who need help settling. Replace the swaddle with a sleeping bag like ergo pouch featured here. Try to get your baby into bed more awake at this age and let them self-settle to sleep.

FREE 15 MIN CONSULTATION

If you need some more help with your baby's sleep give us a call for a free 15 minute chat. We can teach you how to effectively use your Baby Shusher to teach healthy sleep habits.



Baby Sleep Consultant

If you want some more help with your child's sleep,
[get in touch](#)

Try our [Online Sleep Program](#)

www.babysleepconsultant.co.nz

We would love to help you and your family get the sleep you all need and deserve!

Remember sleep is a biological necessity, not a luxury!



Emma Purdue

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.