



Instruction Manual and Lesson Calendar



Congratulations and Welcome to the BabyPlus Family!

Your purchase of BabyPlus® may be the most important step you take in helping your child fulfill his or her absolute fullest potential. BabyPlus may be *the* most valuable educational system ever developed. Children educated prenatally with BabyPlus are more content, curious, intelligent, socially aware, and creative. No other approach is more effective. Mothers have been educating prenatally for centuries – talking and singing to their unborn children. BabyPlus simply improves this process by utilizing the ‘language’ of the prenatal environment. Every prenatal infant is aware of virtually all elements in the mother’s environment – ordinary conversation, music, television etc. Much like a prenatal vitamin enriches the nutritional environment of a child during pregnancy, our curriculum enriches the auditory environment. BabyPlus encourages simple sound discrimination between a prenatal child's own consistent language of the maternal heartbeat, and the similar, yet distinct rhythm of the patented BabyPlus lessons. This "auditory exercise" strengthens brain connections during the developmental time period when the advantages will be most significant for a child. ***BabyPlus is the first educational tool designed for prenatal use that has been proven effective.*** BabyPlus children have an intellectual, developmental, creative, and emotional advantage from the time they are born.

As soon as your baby is born, people will notice the difference. Babies who have enjoyed BabyPlus cry less, are more relaxed, and show greater alertness from the very beginning. They will want to learn more, and earlier, than other children. By using the BabyPlus Prenatal Education System you are encourage your child's abilities in whatever way their genetic predisposition and learning take them.

Wishing you and your family a lifetime of learning,

Lisa Jarrett,
President and founder of the BabyPlus Company

The BabyPlus Prenatal Education System Components

The micro-chip unit

A scientifically-proven, developmentally-appropriate series of 16 audio ‘lessons’ based on the natural maternal heartbeat sounds of the baby’s environment. The lessons are designed to be played at the rate of approximately one per week, beginning as early as the 18th week of pregnancy. (Details are provided in the usage chart).

Fabric Pouch Belt

The BabyPlus unit should be inserted into the fabric pouch pocket and secured by sealing the pouch pocket flap. Then simply place the unit in a central region over the maternal abdomen. The strap can be adjusted to a comfortable length for all stages of pregnancy. The unit and the fabric pouch belt can be worn over light clothing or directly on the abdomen.

Optional Accessory for use with multiple pregnancies is available at www.BabyPlus.com or by calling 800-330-6944.

External Speakers/ Larger Fabric Belt

The micro-chip unit contains a built-in speaker but external speakers are available as well. Both are equally effective, but the external speakers (with two sources of sound) may be of more value for those mothers expecting more than one child or who prefer two sound sources. These external speakers simply plug into the side of the BabyPlus unit. Whichever speaker system is used, BabyPlus will deliver the lessons to your child at the right sound level. The use of the external speakers will shorten the life of the batteries.

Directions for Use

- 1.** Remove battery cover from the back of the BabyPlus unit. Install 4 new AA batteries into the battery compartment. Place the ribbons under the batteries to insure easy future removal. For optimum performance of BabyPlus, regular battery replacement is recommended.
- 2.** Begin using BabyPlus any time during the 18th week of pregnancy or later. For optimal learning, begin lesson *one* between the 18th and 32nd week of pregnancy.
- 3.** Place the unit inside the fabric pouch. With the speaker pointed inward, place the unit on your abdomen at mid-level and fasten the strap around your waist.
- 4.** Press the power button on your BabyPlus unit until the LCD reads “01”. Do not worry that the sound is too loud or soft – it is designed to be delivered at the correct, safe level. The BabyPlus unit will automatically turn off after one hour.
- 5.** Begin by playing lesson “01” twice a day for an hour each time. We recommend an hour in the morning and an hour in the afternoon or evening. Try to use BabyPlus at approximately the same time each day.
- 6.** To determine the number of days each lesson should be played, simply divide the number of days remaining in your pregnancy by 16. The result is the number of days each lesson should be played before advancing to the next lesson. Regardless of the number of days remaining in your pregnancy, always start with lesson one. The chart on the next page will give you guidelines as to the number of days each lesson should be played. Again, this will vary, depending on when you begin using BabyPlus.
- 7.** Press the Power/Program button to advance to the next lesson. Press and hold the Power/Program button for three seconds to turn off the unit. The unit will re-set if the external speakers are connected or removed during use.
- 8.** Use the Lesson Calendar on page 8 to record your daily use.

Ask Your Doctor

Because we are so confident in the safety and effectiveness of BabyPlus for both you and your developing child, we encourage you to share your decision to use BabyPlus with your physician. We welcome their comments and questions. If you want a member of our research team to contact your physician, email us at customerservice@babyplus.com

To determine how many days to use each of the 16 BabyPlus audio lessons, just follow the chart below.

Usage Chart

Find the week you are currently pregnant in this column		This will be the number of days you will use each lesson (twice a day)
18th week of pregnancy	⇒	Use each lesson 9 days
19th week of pregnancy	⇒	Use each lesson 9 days
20th week of pregnancy	⇒	Use each lesson 9 days
21st week of pregnancy	⇒	Use each lesson 8 days
22nd week of pregnancy	⇒	Use each lesson 8 days
23rd week of pregnancy	⇒	Use each lesson 7 days
24th week of pregnancy	⇒	Use each lesson 7 days
25th week of pregnancy	⇒	Use each lesson 6 days
26th week of pregnancy	⇒	Use each lesson 6 days
27th week of pregnancy	⇒	Use each lesson 5 days
28th week of pregnancy	⇒	Use each lesson 5 days
29th week of pregnancy	⇒	Use each lesson 5 days
30th week of pregnancy	⇒	Use each lesson 4 days
31st week of pregnancy	⇒	Use each lesson 4 days
32nd week of pregnancy	⇒	Use each lesson 5 days
33rd week of pregnancy	⇒	Use each lesson 3 days
34th week of pregnancy	⇒	Use each lesson 3 days
35th week of pregnancy	⇒	Use each lesson 2 days

Frequently Asked Questions

Can I start using BabyPlus before the 18th week of pregnancy?

Although it certainly would do no harm to begin BabyPlus before the 18th week, we can not guarantee that it would be of any additional value. The baby's sense of hearing does not become **fully** functional until approximately the eighteenth week. We encourage that lesson one be started during week 18 at the earliest.

What if I am past 18 weeks when I begin to use BabyPlus? Will I still see benefits?

Absolutely! We have many parents who have started using BabyPlus much later than 18 weeks and still report the developmental benefits.

Why does each lesson sound different from the last?

It is the recurring patterns of BabyPlus and the progressive changes in the rhythms, over the course of your pregnancy, that are the most beneficial for earliest brain development.

What if I have completed all sixteen lessons and still haven't delivered?

Simply continue playing lesson 16 until delivery.

My baby moves more when I am using BabyPlus.

Most infants will move gently in response to the lessons while others will sleep. Many mothers report an increase in activity during or prior to the use of BabyPlus. This is perfectly normal.

Do I have to rest while using BabyPlus?

Although we believe it is best to use BabyPlus during periods of relaxation to fully enjoy the bonding experience. You may, however, continue all normal daily activities if you choose except, of course, bathing or swimming.

My system did not automatically turn off after 60 minutes.

The internal timer will reset if the pattern is interrupted for any reason

Frequently Asked Questions (cont'd)

How do I know if my batteries are low?

You will see a flashing “b” in the LCD window and/or your unit will default to a very rapid sound pattern. Simply insert four new “AA” batteries.

Where should I place the speaker?

Place the speaker in the area that elicits the best response from your baby, ideally mid-abdomen. Please note that this position may change slightly from week to week as your baby grows.

.There is a “b” or a “6” flashing in my LCD window.

Your batteries are too low for optimal performance. Insert 4 new “AA” batteries. Please be sure you are using new, high quality alkaline batteries.

My BabyPlus unit has started making a very rapid sound.

Your batteries are too low for optimal performance. Insert 4 new “AA” batteries. Please be sure you are using new, high quality alkaline batteries.

My BabyPlus is making an unusual static sound.

It is likely that your battery connection is loose. Please be sure that your battery contacts are making a tight connection with your batteries. Please be sure you are using new, high quality alkaline batteries.

How do I store my BabyPlus when I'm finished using it?

With proper care your BabyPlus can be used for several pregnancy's. Just remove the batteries and return it to the original box. Store in a dry place

How can I get a new Instruction Manual and Lesson Calendar?

Just go to our website at www.BabyPlus.com and click on FAQ's (frequently asked questions). There you will find a link to print a new one.

If you have any other questions, please feel free to contact us at CustomerService@BabyPlus.com

Lesson Calendar

Week of Pregnancy _____			Notes/Babies Response
Sun	am____ pm ____	Lesson # _____	_____
Mon	am____ pm ____	Lesson # _____	_____
Tues	am____ pm ____	Lesson # _____	_____
Wed	am____ pm ____	Lesson # _____	_____
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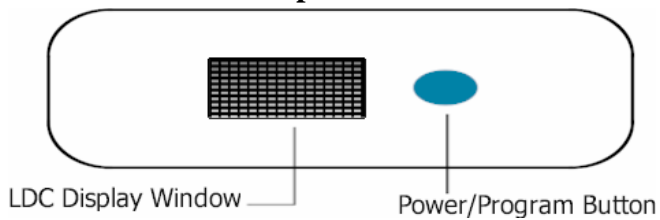
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Front of Unit



Top of Unit



Back of Unit

