



Bristol Speech and Language Therapy Research Unit

Instruction Guide for Parents on using the LENA recording device

Thank you for participating in this study and agreeing to record your baby's interactions over a day. This instruction guide will explain everything that you need to do to record your baby successfully.

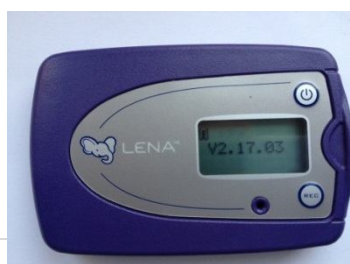
Please read through these notes when you first receive the equipment but **DO NOT** switch on the recorder until the day of the recording. If you have any remaining questions, please get in touch with us as soon as possible so that we can help you.

Please note – we will send you the recording device fully charged.

1. The LENA recorder has only two buttons – an on/off button at the top of the device and a record button at the bottom. When you first look at the LENA recorder, the screen will be blank.



2. **ONLY on the day of the recording**, switch the LENA recorder on by pressing the top on/off button for 4 seconds.

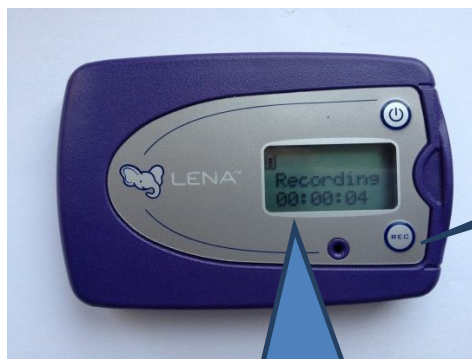


3. When the recorder is switched on, the screen will show the version number of the device. It will then say "Sleeping".



The recorder switches off after 15 minutes sleeping. If the recorder switches off, press the top button until it says "Sleeping" again.

4. To begin recording, press and hold the REC button for 4 seconds until the screen says Recording. When the screen says "Recording", let go of the button immediately.



Press & hold for 4 seconds

Let go when it says Recording

Don't press REC again once the recording has started!

5. When the screen says "Recording", put the LENA recorder in the pocket of the LENA top and secure the poppers. Place the LENA top on your baby, with the pocket facing forward (LENA should be on your baby's chest), and you're ready to get on with your day!
 6. For safety reasons, you **must** remove the LENA clothing with the recorder still inside and running when he/she is in a car seat or any other safety harness. Keep the LENA clothing close by to continue recording. Put the LENA clothing back on your baby when you are out of the car.
 7. During sleep periods and baths, remove the LENA clothing as you would any other clothing. Leave the LENA recorder in **recording** mode inside the pocket of the LENA clothing. Keep the LENA clothing nearby to continue recording your baby's language environment. Make sure the clothing can't fall in any water or get wet though.
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Frequently Asked Questions

Q: I pressed the top button on the LENA recorder and now it says “Sleeping.” Is this okay?

A: Yes, this is fine! To begin recording, press and hold the REC button for 3-4 seconds until the screen says “Recording” and then let go immediately



Q: I turned on my LENA recorder but forgot to start the recording straight away and now it has turned off. How do I turn it back on?

**A: Press the top button for 3-4 seconds → the screen says “Sleeping.”
Press the REC button for 3-4 seconds → the screen says “Recording.”
LET GO IMMEDIATELY!**



Q: I’m ready to put the LENA recorder in the LENA top, but it says “Paused” instead of “Recording.” What should I do?

A: Good question! It is VERY IMPORTANT that the screen says “Recording” before you put it in the LENA top. If it says “Paused”, press the REC button for 3-4 seconds until it says “Recording”.



Q: When the LENA recorder turned off after 16 hours, the screen said “Memory Full,” but now the screen is blank. Is this okay?

A: Yes! The screen automatically goes blank 15 minutes after the recording is complete.



Q: Can I go out on a recording day?

A: Yes! LENA is about language in everyday life, so just carry on with your normal daily routine at home or out and about. However, it is important that the LENA recorder isn’t used in a nursery or other childcare provision so choose a day when your child is with you for all or most of the day.



Q: Is LENA safe for my baby to use?

A: LENA meets the European safety standards for a child’s electronic toy. Try to keep the poppers fastened on the LENA pocket and avoid your baby playing with the LENA. ALWAYS REMOVE THE LENA TOP WITH THE RECORDER KEPT INSIDE WHEN YOUR BABY IS IN A CAR

SEAT OR OTHER HARNESS OR IS SLEEPING. To continue recording, keep the recorder in the LENA top nearby, but out of reach.



Q: Is it OK to put other clothes over the LENA top?

A: The LENA top is designed to avoid the rustling of clothes which can affect the quality of the recording. However, if your baby needs to wear a bib, jumper or coat, just go ahead.



Q: How long should I record for?

A: The LENA DLP records for up to 16 hours before switching off automatically. So switch the recorder on and start recording first thing in the morning after your child has woken up and leave it running until the next morning. When your child goes to sleep, either during the day or in the evening, take the LENA top off and place it with the recorder still inside next to where your child sleeps.



Q: I am worried about damaging the LENA recorder?

A: To prevent damage, try to keep the LENA DLP away from water and excessive heat. It's fine to wear a bib over the LENA top during mealtimes and don't worry about the top getting dirty! If your child has a bath during the recording day, take the LENA top off and place it nearby with the recorder still on and inside. Make sure that it isn't placed somewhere where it could fall into the water.

Q: Do I need to wash the LENA clothing?

A: You do not have to wash the clothing as we will make sure it is washed when it is returned but if you would like to wash it, it should be washed at 40 degrees centigrade.

If you have any remaining questions and need to speak to someone, please contact the research team on 0117 3406529 or lydia.morgan@speech-therapy.org.uk. We may also be able to put you in touch with a parent who has used LENA in the past.

Do's and Don'ts Reminders:

DO:

- ☆ **DO read all papers and instructions the night before recording session**
- ☆ **DO record for whole 16-hour day**
- ☆ **DO keep a normal daily routine—it's OK to go outside the house on the recording day**
- ☆ **DO remove the LENA RECORDER from your child's LENA Clothing while in a car seat or any other safety harness. Keep the LENA RECORDER close by to continue recording. Put the LENA RECORDER back in the LENA Clothing once child is out of car.**
- ☆ **DO remove the LENA Clothing during naps, sleep periods, and baths, as you would any other clothing not intended for sleepwear or swimwear. Leave the LENA RECORDER in "Recording" mode inside the pocket of the LENA Clothing and keep the Clothing nearby to continue recording your child's language environment.**
- ☆ **DO contact us if you have a new address and/or phone number**

DON'T:

- × **DON'T press buttons on the LENA RECORDER other than to begin recording in the morning**
 - × **DON'T allow your child to wear the LENA RECORDER when in a car seat or any other safety harness**
 - × **DON'T remove the LENA RECORDER or the LENA clothing, except during car rides, naps, baths or bedtime, as described above**
 - × **DON'T stop recording when your child goes to sleep for the night**
 - × **DON'T submerge the LENA RECORDER in water (bath, pool, toilet, washing machine, sink, etc.)**
 - × **DON'T expose the LENA RECORDER to excessive heat**
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