

# SPAH Kids: Helping Your Child Adjust to the LENA



## How can I make the LENA and the vest feel more comfortable for my child?

This is new! So, we understand that your child may feel uneasy about wearing the vest. To help, you can

- have your child **wear the vest without the recorder 1-2 days before** you are scheduled to do the recording. It's okay if they take it off throughout the day.
- have your child wear **a favorite item of clothing or accessory**, like a favorite shirt under the vest or a fun hat with the vest.



## What's the best way to put the vest on my child?

1. Put the LENA recorder into the pocket of the vest **before** putting the vest on your child, so they don't see.
2. When closing the back of the vest, you only need about 3 buttons closed for the vest to stay on your child. So, no need to worry about a perfect fit.



## What happens if my child is too distracted by the recorder or refuses to wear it for the full day?

### Distractions work great!

- Start the day with **an activity your child enjoys** like pancakes for breakfast, reading their favorite book, or playing a game.
- Give your child **something else to focus** their attention:
  - A toy
  - A walk outside
- **Give it an hour or so.** Children can begin to forget the sensation of the recorder on their shirt once they are focused on doing something else.



Ultimately, if your child does not want to wear it after trying their best, no worries! Return the LENA and vest in the pre-paid envelope we sent you.

**We are here to help!**  
Contact the SPAH Kids Team with any  
questions at:  
**(504) 612-2144**  
[spahkids@northwestern.edu](mailto:spahkids@northwestern.edu)

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