

# SPAH Kids: What do I do on the day of the LENA recording?

1

Turn on the LENA recording device by pressing the "Power" button for 3-5 seconds. You will see the screen turn on. Then, begin the recording by pressing the "Record" button for 3-5 seconds.

- If done correctly, **the screen will say "Recording" and a timer begins.**



2

Put the LENA inside the pocket on the front of the vest. Make sure **the screen of the recorder is facing out and away from your child's chest.** Then, close the pocket.



3

Now, put the vest on your child. They should wear the vest for the rest of the day, or at least 12 hours.

- **Start the recording soon after your child wakes up,** and take off the vest right before your child gets into bed to sleep.
- The recorder will shut off on its own after 16 hours.



4

Once every hour, return to **the LENA logbook** on your phone or device to let us know what your child's been up to.

- Once you complete the logbook, press submit!

Please check all hours when your child was at home in the morning.

	Asleep	Reading with you	Eating	Playing with you	Taking bath	Doing something else	TV/ video on for child	TV/ video on for others	I was in the room	Other adults in room	Other children in room
5 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5

The next day, put **the LENA and the vest** into the pre-paid return envelope, seal it, and **mail it back to us at any mailbox or post office.**

- Once we receive it, you're all done! And you will have earned a \$20 giftcard.



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

**NorthShore**  
University Health System

**Northwestern**  
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# SPAH Kids:

## Important Reminders about using the LENA at home and on the go



The LENA recorder is water-resistant, not waterproof. So, **take the vest off when your child is bathing** (or if they go swimming). Place the recorder nearby to continue recording.



Safety first! You should also **take the vest off while your child is in the car**, so that it doesn't get in the way of the car seat harness. Place the recorder nearby to continue recording.



**Take the vest off during napping or sleeping** for your child's comfort. Place the recorder nearby to continue recording.



**DON'T FORGET**

**Put the vest and recorder back on your child** after they get dressed, leave the car, or wake up!



Anyone near your child is likely to be recorded.

- If family or visitors in a **private space** (like at their home) do not want to be recorded, **pause the recording** by pressing the "Record" button for 3-5 seconds. Later, re-start the recording by pressing "Record" for 3-5 seconds.
- In **public places** (like the park or the grocery store), **you do not have to tell people** about the recording. If someone asks, you can show them **the information card** to explain the study.



I'm in a study about the language I use and hear. I am wearing a recorder that records all the sounds around me. Only researchers will listen to this. If you don't want to be recorded, I can turn it off!

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