

Core Session 1: Introduction to LENA Home

Estimated Session Length: 10-15 minutes

Participants will...

- Learn about LENA Home.
- Discuss the importance of talk.
- Sign a consent form to participate in LENA Home.

Before the session:

- Confirm internet connection at session location for video playback, or download “Why LENA? About Your Baby’s Brain” video ahead of time from LENA Online resources.
- Gather vest and LENA device for demonstration.
- Print from LENA Online resources:
 - “Application and Informed Consent” form (English or Spanish)
 - LENA Home flier (English or Spanish)

Introduce LENA Home

"[AGENCY NAME] is excited to offer you the chance to enroll in a program called LENA Home."

"Today I am going to share how using LENA can help you learn more about your child's daily language experience, and how talking with your child supports brain development and builds vocabulary."

"If you choose to sign up, you will receive reports on the amount of talk your child experiences in a typical day. You will also learn tips to help you talk more and increase conversational turns — back and forth interactions — with your child. We'll focus especially on times you are already spending with him/her, like diaper or clothing changes and playtimes."



Video: "Why LENA? About Your Baby's Brain"

"We'll begin by watching a short video about why talk is important and learn more about LENA." **Play video (4:17).**

"What questions came up as you watched the video? What surprised you the most?"

Possible points to call out:

- *80 percent of brain growth in first three years*
- *Rapid development — 1 million connections/second*
- *Importance of knowing how much you're talking*

Logistics of LENA Home

"The LENA device is small, lightweight, and completely child-safe. It does not recognize the meanings of words and can never be played back. No one can ever listen to your conversations."

Show vest and device to parent.

"With LENA Home, you would complete one LENA Day every week/every other week. Our goal would be for you and your child to complete 8 to 10 successful LENA Days and visits."

"A LENA Day means:

"As soon as your child wakes up, you turn on the device, press the 'Record' button, put it in the pocket of the LENA vest, and put the vest over your child's regular clothing."

"Then you leave the device turned on all day. It turns off by itself. You never have to press another button."

"After recording, a computer counts adult words, conversational turns (back and forth interactions between adults and your child), and TV/electronic sound minutes and gives you a helpful report."

Show report on page 20.

"We will review your report at each LENA session and talk about ways to have more conversations with your child."



Form: Application and Informed Consent

"There is no cost to participate. If you are interested, all we will need is for you to fill out this form."

Discuss the "Application and Informed Consent" form.

Closing



"This flier explains a little bit more about the basics of the program."

Share LENA Home flier.

"Do you have any final questions?"

"Thank you — next time I am here, I will bring your program materials, and we will get started."