

Core Session 2: How to Measure Talk with LENA

Estimated Session Length: 30-35 minutes

Participants will...

- Discuss the importance of talk.
- **Learn how to get a good recording using LENA.**
- Complete the LENA Snapshot (text or paper).

Before the session:

- Create and print a schedule of the family's LENA Home sessions.
- Read "Core Session 2: How to Measure Talk with LENA."
- Confirm internet connection at session location for video playback, or download videos "How to Get a Good Recording" & "The LENA Snapshot" videos ahead of time from LENA Online resources.
- Print from LENA Online resources:
 - "Video Review: How to Get a Good Recording" handout
 - "Recording with the LENA System" handout
 - "How to Get a Good Recording" handout
 - "The LENA Snapshot" handout
 - LENA Snapshot if using paper copies.
- Gather device and vest for hands-on practice. Label device as "demo."
- Assign a different device to child in LENA Online. Label that device with child's name.
- Gather vest appropriate to child age/size.

- Determine paper or text option for administering Snapshot.
 - If using the paper version, print one copy of the Snapshot.
 - If sending by text, determine whether you will send the Snapshot text during or after the session.

After the session:

- Connect demo device to LENA Hub to erase any practice audio.
- Charge device.
- If texting the Snapshot link after the session, send text link to family.
- If using the paper Snapshot, enter Snapshot into LENA Online.

Welcome to LENA

"For the next [8-10 weeks / 3-5 months] we will be using LENA to help you and your child engage in conversations about everyday moments. Our goal is to have a minimum of nine LENA visits, but we always have the option to do more. Each time we meet, you will receive reports on how much you and other caregivers talked to your child on his/her most recent LENA Day. We will learn about different activities you can try between our visits to help you talk more."



Give family a program schedule and tell them what to expect at each visit.

"Today, we'll talk about how to get a recording using LENA and make sure all of your questions are answered."

Discuss how LENA fits into the work you have already been doing with the family, if applicable.

"Were there any questions that came up after our last session?"

Talk through any questions.

"Talking with your child helps to build vocabulary and learn language. Even very young infants begin using their voices to practice the words they hear."



Video: "How to Get a Good Recording"

"Now we'll watch a short video about how to get a good LENA recording. As you'll see, it's very simple, but there are a few important steps to follow."

Play video (3:52). "Any questions from the video?"

"Now let's discuss the most important points from the video, using this video review."



Distribute "Video Review: How to Get a Good Recording" handout. Read the questions out loud and have parents select the best answer choice for each.

"Following these key points from the video will make sure you get an accurate measure of your child's talk environment every LENA Day."

Video Review: How to Get a Good Recording

Check your understanding of how to record with LENA.

Circle the best answer to each question.

1

Which picture shows the right way to put the LENA device into the LENA clothing?



2

Put the LENA device in the LENA clothing. Then put the clothing on the child...

- a when your child wakes up in the morning
- b after your child has breakfast
- c after your child has lunch
- d whenever you remember

3

What kind of day should you pick for a LENA Day?

- a any day, even if your child is sick, teething, or with a new caregiver
- b any normal day your child is mostly with you or someone who knows the LENA program. Avoid long periods with loud background noise.
- c a day you will stay home all day
- d a very busy day with a lot of time spent in cars and around crowds

4

When should you turn off the LENA device?

- a Turn it on or off when you want.
- b Turn it off only at nap time.
- c Turn it off only for a bath.
- d Never turn the LENA device off! It shuts off on its own after 16 hours.

5

For bath time you should...

- a Bathe your child in the LENA clothing.
- b Take off the LENA clothing. Put it back on right after the bath.
- c Take off the LENA clothing. Leave it off for the rest of the day.
- d Never bathe your child on a LENA Day.

Answers: 1. C; 2. A; 3. B; 4. D; 5. B



Hands-on Practice with LENA

“Getting a good recording is so important that we’re going to take time to practice doing the steps we saw in the video.”

Review instructions on “Recording with the LENA System” handout.

Give the parent a practice recorder and vest and talk through the steps to record, reminding them simply: “Turn it on. Press record. Put it on. Leave it on.”

“The vest snaps hard so that the child can’t open it; the recorder fits in the pocket very tightly.”

“Once you turn the device on and press record, there is no need to turn it off. It will turn off by itself. Turning the device off before the end of the day can cause an error, which means you may not get a LENA report for that day.”

*Make sure the parent/caregiver lets the practice recorder continue to run. Collect the practice recorder(s) and vests. Only turn the recorder off **after** you have left (do not have the parent/caregiver turn it off).*

Note: The most common reason for errors is that the parent turns off the LENA recorder before the end of the day. It’s very important to emphasize the steps: turn it on, press record, put it on, and leave it on. It’s deflating for the parent to have an error on his/her LENA Day.

“This handout reviews a few of the key points to remember to get a good recording”

Review “How to Get a Good Recording” handout with family.

“Treat the first recording like a practice day — it is just for you to get used to using LENA and to get a measure of the typical sound environment in your home. You don’t have to do anything special or different. Just go through your day the way you usually do.”



Recording with LENA

How to Record

1

Turn it on.

Press the **POWER** button and wait until the LENA device powers on. The screen will say **Paused** when it's ready.



2

Press RECORD.

Hold **RECORD** for about four seconds, until the screen says **Recording**.



3

Put it on.

Place the device into the pocket of the LENA clothing, label facing out. Snap the pocket to close, then put the clothing on the child.



4

Leave it on.

That's it! The device will turn off on its own at the end of the day.



Follow these steps when your child goes to bed for the night:

- Take the LENA clothing off.
- Leave the LENA device in the pocket.
- Put the vest near the child to continue recording the sleep environment. The LENA device will shut itself off.



Follow these steps in the morning:

- Take the LENA device out of the pocket.
- The screen should be blank.
- Put the device in a safe place until it's time to return it.

Tips for LENA Days

1. Leave it on. Keep the LENA device inside the LENA clothing and on the child. This keeps LENA close to the action!

2. Limit extra layers. The LENA clothing is made so the microphone in the device can easily "hear." So, don't cover the clothing. On LENA Day, have your child wear coats only for short periods.

3. Avoid noisy places. Loud music, big crowds, and other noise make it harder for LENA to correctly count all words & turns. So, avoid long periods at parties, at sports games, or outside on windy days. Try not to have a loud fan or AC unit blowing. Avoid running a vacuum cleaner a lot.

4. Keep LENA dry. During baths, take the LENA clothing off. Keep it **dry** and **nearby**. And remember to put it back on your child afterwards! At bedtime, take it off but leave it near the child's bed.

"Could I hear this over the phone?"

Ask yourself how clearly you would be able to tell voices apart if you were listening through a phone. If that would be hard for you, then it may be hard for LENA, too!





Video: “LENA Snapshot”

“Before we wrap up for today, we are going to complete a questionnaire called the ‘LENA Snapshot.’ This will tell us about your child’s language skills relative to his/her age, and it only takes about 5-10 minutes to complete. We’ll fill it out today, about halfway through our sessions, and then again near the end of the program. During our final LENA Home session, you’ll receive a report on your child’s language development.”

“Let’s watch a video that explains how to fill it out.”

Play video (2:16).

“What questions do you have after seeing the video?”

“This handout reviews some of the key points in the video.”



Distribute and review “The LENA Snapshot” handout.

“The questions are in developmental order (infant behavior then toddler behavior). So start at item one, even for older children, to evaluate things the child currently does or used to do.”

“The first question on the Snapshot is a little different from the rest and asks about the number of minutes you read with your child each day. Make your best guess about how many minutes you read per day and enter that number in the box. For example, if you read for 10 minutes, two times per day, you would enter a total of 20 minutes.”



OPTION 1: Complete Snapshot by Text

“You will soon receive two text messages to your phone. The first will be a message saying ‘Welcome to LENA.’ You do not need to respond to this message — this is just a note to welcome you to the program. The next message you receive will include a link for you to click. Open the message and click on the link to fill out your first Snapshot.”

“After you select five ‘not yet’s’ in a row, you’ll automatically be taken to the last step to complete and submit the form.”

“Finally, it is important you fill it out yourself since you know your child the best, but if you have any questions, please ask me.”



OPTION 2: Complete Snapshot on Paper

“Now you’ll fill out your first Snapshot. I will be here if you have any questions, but it is important you fill it out yourself since you know your child the best.”

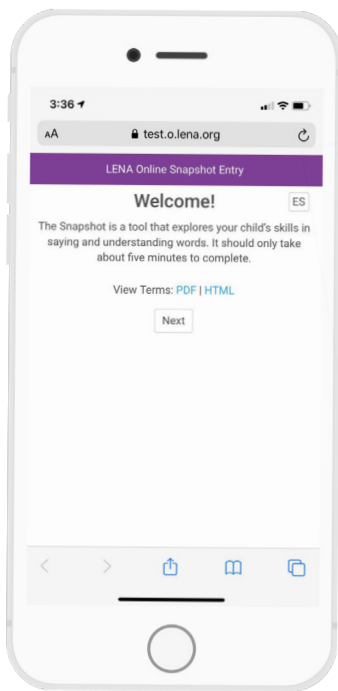
- *Coach on filling it out, but let parent complete it.*
- *If parent cannot read the form, it is permissible to read the items aloud, but parent must make all “Yes/Not Yet” decisions and mark the form. Assessment of each item **must** come from the parent.*
- *Make sure the parent understands “consistently” and that he/she doesn’t skip a question.*
- *Watch to make sure the parent stops after 5 “not yet’s” in a **row**.*

“Thank you for taking the time to fill this out today. I will take the form back to the office and enter it into the system. We will complete it again in another (one/ two) month(s), and there is nothing more you need to do right now.”

The LENA Snapshot

- 52-item parent questionnaire for children 2-36 months of age
- Measures a child’s language skills
- Takes about 6-10 minutes to complete
- Can be completed via a text-message link or on paper
- Answer “Yes” for every item your child does **consistently**.
- “Consistently” means your child has done it more than once, or used to do it when he/she was younger.
- Stop after 5 “Not Yet” answers in a row.
- Items are arranged in the order that abilities develop, so the Snapshot takes longer for older children.
- After completing three Snapshots, you’ll get a report showing how your child compares to other children the same age.

We’ll do a new Snapshot about once a month!



LENA Developmental Snapshot

Child's Name: Smarten Happier Baby Child ID: S4B 12

Today's Date: August 1st 20 minutes

How many minutes per day do you read with your child?

Please read the attached instruction sheet before filling out the questionnaire.

	Yes	Not Yet
1. When you talk to your child, does he/she look in the direction of your voice? <i>For example: Does your child turn his/her head and/or move his/her eyes to look at you?</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Does your child vocalize or make sounds in response to your smile or voice?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Does your child have different cries to indicate different needs? <i>For example: Does your child's "hungry cry" sound different from the cry he/she makes when tired?</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Does your child express pleasure or displeasure by using sounds other than crying or laughing? <i>For example: Does your child make "happy" sounds or sounds of frustration?</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Does your child bring toys or objects to his/her mouth? <i>For example: Does your child mouth objects or place objects in his/her mouth?</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. Does your child laugh?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. Does your child engage in "vocal play" by producing a wide variety of sounds? <i>For example: Does your child produce sounds that range from very high pitch (squeals) to very low pitch (growls) and does he/she produce "raspberries" by putting lips tightly together and blowing air to produce a vibrating play-like sound?</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. Does your child produce two or more vowel sounds, such as /ah/ or /ooh/?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Does your child recognize his/her name (or nickname)? <i>For example: When you call his/her name, does it interrupt his/her activity such that he/she looks at you?</i>	<input type="checkbox"/>	<input type="checkbox"/>

Stop when you answer "not yet" 5 times in a row

Close

"We have talked about a lot today — what questions do you have?"

"The last thing we are going to do today is to give you your device(s) and vest(s) for your practice LENA Day. Take care not to lose them, as there is a cost for replacement. We suggest finding a safe place to keep them when you're not using them."

Verify the names of the parent and the child so you give the parent the device assigned to his/her child.

"What day are you planning to record? If something comes up that day, is there another day that might also work?"

Tell the family when you will pick up the device for processing.

Set a date and time for your next visit.

"Have fun with your practice LENA Day!"