

# A Guide to Staying Close and Connected



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sense and simplicity

**At Philips AVENT** we want to help support any choices you are about to make, with advice on all the changes you'll experience as a mum. Born out of extensive research, our products work to help with your baby's well-being and give you support to care for your growing baby.

Philips AVENT Digital Enhanced Cordless Telecommunication (DECT) technology is a totally secure way of connecting with your baby. Peaceful relaxation can be affected by variations in your baby's climate; our DECT Baby Monitors provide you with real time digital readings of the temperature and humidity levels in your baby's room.

Together with our experts we have created a guide to staying close and connected with your baby, with informed professional advice, facts and anecdotal studies the guide looks at how babies bond and grow during the first six months. If you do not have the time to read the whole guide, we have developed podcasts downloadable from our website; please feel free to share these with other mums, simply visit [www.philips.com/AVENT](http://www.philips.com/AVENT)



After nine months of pregnancy it's perfectly natural to experience mixed emotions, as your body has been through huge changes and your hormones are in a state of flux. Those required during pregnancy drop rapidly, while those that start the production of milk, suddenly soar. It can feel a bit daunting at first to realise your baby is now dependent on you for their safety and wellbeing. You will get more comfortable as you take time to rest and enjoy getting to know your baby. As the bond between you both evolves, you'll start to feel relaxed and in control and your baby will be making huge leaps developmentally.

In the first six months your baby will be learning to do new things every single day. Physically; your baby is growing, becoming stronger and more mobile.

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## Babies are capable of some amazing feats:

- **Scientists in Norway videoed babies who were delivered then placed onto their mothers' stomachs. They found to their astonishment that left to their own devices, the babies used their limbs in a slow but co-ordinated way to crawl up and reach the breast where they then latched on and fed unaided.**
- **Babies are born with incredibly sophisticated hearing; researchers have discovered that they can work out where a sound is coming from just 10 minutes after being born.**
- **Psychologists in America found that newborn babies have an elementary grasp of maths and instinctively know if something has been added or taken away.**

Having floated in the amniotic fluid of your womb, your baby's body must now begin to develop muscle and strengthen - soon your baby will be able to control their head, roll over and sit up. Curiosity levels will increase and they will start to make connections about the world; first using their eyes & ears and later with hands, feet and mouth. Putting things in their mouth it is known as 'mouthing' - it's how your baby first learns about different shapes and textures.

In the first few months your baby will become much more sociable, primarily by taking an interest in your voice and face, then later by mimicking facial expressions and attempting to chatter. A baby's early attempts at communication are called 'babbling', involving the enjoyable repeating of the same sounds over and over again. This helps strengthen and stretch the vocal chords in preparation for their first words.

You may want to respond to your baby's every move and whimper and we know a happy equilibrium can be difficult to find, but you will both grow in confidence. The guide looks at some of the most common and important issues you will encounter during the first six months and includes lots of useful facts and information about your baby's development.



## Babies are born to bond

- To help mothers bond, a baby's pupils automatically dilate immediately after birth and whenever the baby looks at their mother; signalling that their baby finds them attractive.
- Out of all of a baby's senses, smell is the most fully developed at birth. One study found that by two weeks old a baby can actually pick out the scent of their mum's milk.

It's natural to be protective; this is known as the 'chemistry of attachment' and comes about partly as a result of the pheromones both you and your baby produce. Pheromones have such potency that giving your baby something that's been close to you will calm them in your absence. Always wanting to be close is nature's way of keeping you both connected. While it's wholly natural to want to be together with your baby, it's not always practical. You need to get on with things around the house during the day, while at night you'll need rest too.

While your baby is sleeping their body produces hormones that are necessary for development, on average in the first year alone their body mass will triple. Calm and comfortable periods of long uninterrupted rest help to assist this process, letting your baby sleep without regular interruption will help with their overall development.

Being able to confidently leave your baby to rest can be daunting at first, but by monitoring them in total comfort, your baby will begin to learn that you are in fact separate entities. Nothing will ever substitute you, but for the times you cannot be in the same room, it's comforting to know that with a monitor you can still feel incredibly close and connected.

Your baby is affected by their resting environment; from sounds and lights or noise and disruption, to temperature and humidity. Safe in the knowledge that you can monitor your baby's environment and should they need you, you can be there quickly; you will find yourself pleasantly reassured.

# Your Baby and Light

After nine months in your womb, becoming accustomed to light takes time for a baby's incredibly sensitive eyes. As your baby's eyes start adjusting to light, a natural reaction is to screw them up if it's too bright. At the same time, small lights that gently stimulate the delicate optical nerves of baby's eyes will help them develop.

As your baby learns to tolerate stronger light, you can help them to differentiate between night and day. This is the foundation on which good sleep habits can be established.

When your baby is sleeping, try keeping the room dimly lit to associate bedtime with night time. A baby's sleep is much lighter than an adult's and they may wake as often as five times a night. Having a night light will be a great comfort to you both, your baby will enjoy looking at any shapes made by a light, providing a calming distraction and helping them resettl and sleep more peacefully.

A night light also means you don't have to switch on a main light, causing a disturbance to you both, while enabling you to see around their room.

## Light up baby's life

- **For the first three months of life a baby can only focus on things about 22cms away. This is the perfect distance for seeing their mother's face when feeding and for focusing on their own body, particularly their hands.**
- **It takes around six months for a baby' eyesight to become as good as that of an adult's.**
- **For the first two months a baby finds it difficult to distinguish between colours, but can see high contrast shades, especially black and white. Studies show that the next colours a baby sees are red, orange, green and yellow, finally followed by blue at around four months.**



# Temperature Control

## Comfortable climates

- The stable temperature a baby experiences in the womb is maintained as a result of the amniotic fluid being constantly recycled. The temperature is just slightly higher than the mother's core body temperature.
- When babies are too cool they move around more and when they are too warm they will lie as if 'sunbathing' with their arms and legs stretched out.
- Until babies are a month old, they are better at conserving heat than shedding it.

Coming from the controlled environment of your womb where your baby's body's temperature was regulated by you, it takes several months for your baby's body to learn to properly control its own temperature. As your baby's body starts to develop, keeping a close eye on the environmental temperature will help you know if they are uncomfortable. Studies have shown the ideal temperature for a baby's room is between 16 - 20°C, by keeping the room at an optimal temperature, you can help your baby to be calm and restful.

To ensure the room is within this range it can help to use an electronic thermometer which can send precise readings to wherever you are in the house. Giving you the freedom to monitor a room's temperature remotely, without disruption, means if you think your baby is too hot or too cold, simply pop back into the room and adjust the blankets or the heating system in your home.



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# Softly Spoken

Babies learn how to remember and recognise the sound of your voice before they are born, by becoming familiar with your tone and pitch from inside your womb. A team of Canadian scientists confirmed this by conducting a test in which they alternately played recordings of a mother's voice and that of someone unknown to the baby. They found that the baby's heartbeat increased in response to its mum's voice but decreased to the voice of the stranger:

When you speak you'll notice your baby increasingly responds by turning their eyes or head in your direction and looking more alert. Your voice represents nourishment, warmth and comfort, which is why they positively respond when they hear it. Talking to your baby, pointing out objects and showing how your mouth moves, is how your baby learns to speak.

## Voice recognition

- **Psychologists have discovered that babies can monitor the tone of their mother's voice. If a mother speaks in a happy voice with a frowned expression on her face, the baby becomes restless.**
- **Babies prefer clear human speech to any other sounds, which is why when they are older and learning to talk, they will try to imitate human sounds rather than inanimate noises such as the telephone ringing.**
- **Mothers instinctively use a special low-keyed rhythm of speech to attract and keep their baby's interest; psychologists call this 'Motherese'.**

Language and communication skills evolve rapidly over the first few years in response to the conversations you are having. Your baby will begin to understand the meaning of certain words, and soon they will be trying to speak them for themselves. As your baby's cooing and gurgling develops into babbling, soon their first proper words will be spoken.

Singing will help assist your baby's speech development, because much of first language communication comes from repetitive spoken words and phrases. Research shows that babies listen more intently and remember words better when presented in rhyming form. Also an early understanding of rhythm and rhyme can help boost literacy skills in later life, as your baby's brain will be primed to read and translate from the spoken word to the written word.

Your baby won't care whether you get any lyrics wrong, but singing to a tune may help you become comfortable whilst you find your own style.



## Water Babies

- **During the winter months, heating systems and dry winter air can often combine to reduce indoor humidity levels to below 25%.**
- **Babies do get a lot of colds, an average of between 6 and 10 a year. Because their immune systems are immature, they can only get immunity to one virus at a time and there are more than 200 different causes of the common cold.**

# Healthy Humidity

The humidity level of an environment plays a vital role in overall wellbeing. To give your baby's immune system the best start, it will help to monitor the humidity level of their immediate environment.

Healthy humidity levels for a baby's room are between 40 to 60 per cent. When at these levels the moisture prevents the mucus membranes of your baby's nose and throat from becoming too dry, which can make them less effective barriers against infection. A newborn baby's soft skin is ten times thinner than an adult, and is much more delicate. Increasing the amount of moisture in the air acts to prevent skin from becoming dry and itchy.

A controlled level of humidity will help your baby rest, if the room is too dry and you don't have a humidifier, a simple but effective way to increase the level is to put a bowl of water in the room, ideally near a central heat source. If the room has too much moisture, you could buy a dehumidifier and closely monitor the levels for the first few days in order to ensure the climate is just right for your baby.



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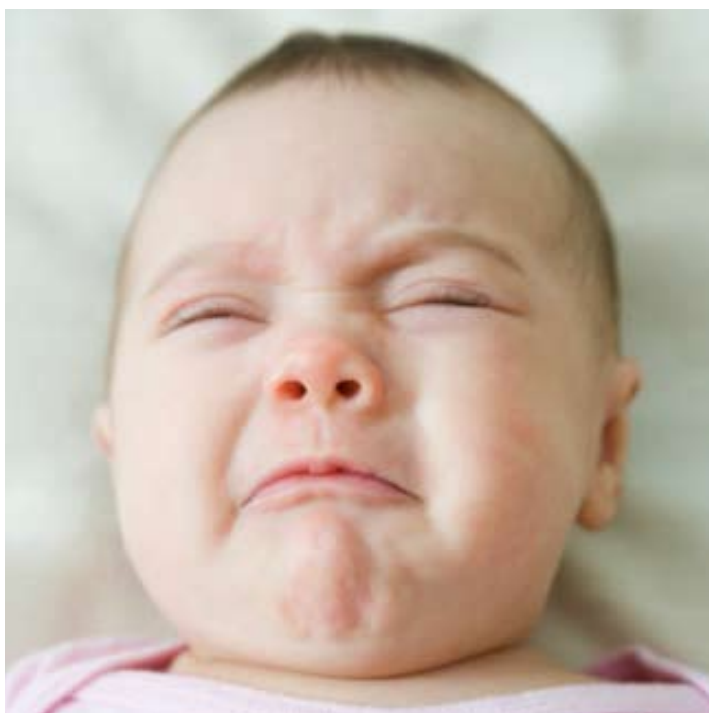
# Make Some Noise

A baby's cry is an incredible thing – it actually increases your heart rate and blood pressure, which can make you feel anxious and stressed. This reaction is naturally designed to make you act swiftly to calm your baby.

Crying is also the only way your baby has to communicate. Your newborn baby does not have a developed set of vocal cords so making crying noises is a way for them to tell you a whole host of emotional signals. Through cries, your baby is letting you know whether they are hungry, wet, tired, too warm, too cold or a little scared. Practice will help you learn to recognise the different types of cries and what they mean.

## Cry's of connection

- **Newborns do not produce tears when crying for at least the first three weeks, sometimes not until they are four or five months of age.**
- **Tears contain stress hormones so crying actually helps your baby calm down.**
- **Babies' often produce quiet whimpers, mild calls, low-level whining or whimpering sounds while they are still sound asleep.**
- **The amount babies cry in the first few months varies considerably. One study found that it can be as little as 48 minutes and as much as 243 minutes a day, with the average being around two hours a day.**



Through a monitor, it can at first be difficult to distinguish a cry of hunger from a cry of restlessness. Before rushing into the room, try taking a few moments to start to understand the differences in your baby's communication:

- **If they are making an 'owh, owh' sound it could be that they are sleepy and a little grouchy, as this cry is based on a natural yawning reflex.**
- **A sound more like a 'neh, neh', is a cry that's based on the sucking reflex, so it's likely that your baby's hungry and would like feeding.**

Much of your baby's crying will subside at around three months of age, when their digestive system matures and any symptoms of colic disappear. After four months vocalising will mainly be through babble. Babbling is the first attempt at speech and is often practiced alone when they are experiencing the world and trying to emulate the sounds they hear when you are in the room. Listening to the sound of your baby's emerging voice through a monitor can be a real pleasure and you don't have to disturb their enjoyment.

# Resist Disruption



As tempting as it can be to take a look at a sleeping baby, keeping disruption down to a minimum is actually good for them. Even a quick look can disturb your baby; they sleep much more lightly than adults and can easily be awoken. Many new mums find they want to keep going into the room to hear their baby's breathing; it's very natural to want to do this.

During the dream stage of sleep, when a baby is most susceptible to being awoken, their brains process and file the many experiences they had throughout the day. The more sleep they have the more filing they can do. Sleep really is an important part of a baby's emotional and mental development, and helps them to make more sense of the world when they are awake.

## Do Not Disturb

- **Approximately 40 per cent of childhood is spent sleeping, young babies average around 15 hours a day**
- **A chemical called acetylcholine is released during the light, rapid eye movement stage of sleep; this triggers a switch in a baby's brain to make them start dreaming.**
- **Adult sleep cycles (going from light to deep sleep, and then back to light sleep) lasts an average of 90 minutes.**
- **Babies' sleep cycles are shorter, lasting 50 to 60 minutes, so they experience a vulnerable period for possible waking around every hour or less.**





With a Philips AVENT Baby Monitor you have the assurance of a superior product that has been designed for you with your baby's need in mind. The Philips DECT digital telephone technology in each product enables you to maintain a secure, clear & close connection with your baby at all times. As well as crystal clear sound with zero interference, automatic channel switching and easy to use two-way communication means you can still sense your baby, even when you are away from your baby's room.

Philips AVENT Baby Monitors offer more than just sound communication. By remotely monitoring temperature and humidity levels you can always see your baby's room is comfortable and healthy; without even having to enter the room.

# Climate Observation

# Interference Free

Peaceful rest can be affected by variations in your baby's environment; our monitors have a humidity and temperature sensor which analyzes the air. The information is transmitted to the portable parent unit, allowing you to always be aware of changes in climate.

Temperature is important for babies; so the monitor allows you to pre-set the optimal levels for your baby and will alert you instantly via the backlight on the display and an electronic alarm. Humidity readings are constantly sent to portable parent unit, so you can always keep a check on the levels. Additional features include lullabies and a nightlight, enabling you to calm and relax your baby wherever you are in the house, through speech and sound.

With our latest DECT technology monitors, including temperature and humidity monitors, night lights and lullabies you can feel so connected you'll sense every yawn, giggle or movement – even when you are not in the same room. Other features include: an extra long range of up to 330m, operation time up to 24 hours, Parent unit and LCD panel, belt clip & neck cord and travel bag.

To share information on the Philips AVENT DECT Baby Monitor range or to download bite sized podcasts of this guide visit

[www.philips.com/AVENT](http://www.philips.com/AVENT)



Model featured: SCD530

