

BABY MONITOR GUIDE

This guide explains the types of Baby Monitor available, and what to consider when making your choice.

Introduction

A baby monitor allows parents to hear or see their baby when they are not actually in the room. This is useful both at night if you're sleeping in a separate room, and during the day whilst your baby is asleep and you are elsewhere in the house.

What types of baby monitors are there?

A variety of baby monitors are available, and the best one for you will depend on your needs, your home and the additional features you would like.

- A **basic audio monitor** lets you hear your baby from another room. This monitor has a transmitter in your baby's room and a receiver which you can place wherever you are. Some monitors come with two receivers which is useful if you would like to move around the house without continually plugging and unplugging a single receiver.
If you live in a large house, your room is far from your baby's room or you have cement walls, you will want a monitor with a strong transmitter.
- **Audio and movement monitors** are the same as basic audio monitors, but have an additional pad that you place under your baby's mattress to detect movement and breathing. There are also monitors that will alert you if the baby hasn't moved recently.
These types of monitor can be reassuring in the early days when your baby is more at risk of cot death. It also enables you to check on a sleeping baby without disturbing it.
- An **audio and video monitor** allows you to hear and see your baby. It has a camera set up to the transmitter and a screen to the receiver. Some video monitors also have infrared so you can see your baby moving in the dark. These monitors are also available with two cameras, should you want to monitor twins, or a baby and an older child, simultaneously.
A video monitor may seem like overkill, but if your baby is a light or troubled sleeper you may find it very useful. You can visually assess whether your baby genuinely needs you without going in to its room and waking it up.

Other features to consider

Most basic monitors have music that you can play through the transmitter to help your baby off to sleep or soothe it if it comes into a light sleep. They also tend to have a two way system so you can speak to your baby and reassure it without going into its room. Over and above that, here are some other features to take in to account when choosing your monitor:

- **Analog or digital**
Digital monitors are more expensive but offer better quality sound and less interference.
Digital monitors also offer better security as they prevent others listening in (or watching if you're using a video monitor). For best security look for monitors using DECT technology.
- **Size**
If you intend to carry the receiver around you'll want it to be compact and easy to carry – some have clips which you can attach to your belt.

- Low-battery indicator

If the batteries run out, you may not hear your baby. Look for a monitor that warns you when to change the batteries, with an alarm or flashing lights.

- Sound-activated light

You may not want your monitor's volume on high or on at all, but a sound activated light will let you know if your baby is awake or making noise. This is also useful when it's noisy as you can monitor the light to make sure your baby is still asleep.

- Cordless

Monitors with and without cords are available. If you opt for one with a cord, make sure it's safely out of the baby's reach.

You can find more information about baby monitors on both these sites:

The New Parents Guide

<http://www.thenewparentsguide.com/choosing-a-baby-monitor.htm>

Baby Monitor Reviews

<http://www.babymonitorreviews.info/types-of-baby-monitors.aspx>