



## Baby Plus Prenatal Education System Review

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1. [Preparing for Newborns](#)



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### The Bottom Line

It's difficult to measure the actual success of a prenatal education program like Baby Plus because you can't really tell whether the system is responsible for a baby's calmness, alertness or smarts. However, the overwhelming majority of parents who use the Baby Plus system are thrilled with the results. They report that their babies are very alert from birth, are more calm and relaxed, and learn new skills quickly. While the results can't be proven, using the Baby Plus system during pregnancy certainly won't hurt anything.

### Pros

- Easy to use - just strap the unit on and play it daily.
- Some parents find the sounds soothing.
- Many parents report success with this program - very alert, calm babies who learn skills quickly.

### Cons

- Some parents find the thumping sounds annoying.
- The system is expensive - between \$100-\$150.

## Description

- Prenatal education system that works by emitting thumping sounds that an unborn baby can hear.
- Designed to be used from 18-32 weeks gestation for two one-hour sessions daily.
- Costs \$100-\$150.

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I admit I was skeptical about the Baby Plus prenatal education system at first. It's hard to prove that pre-birth sessions of the Baby Plus system are responsible for baby's behavior more so than genetics and home environment. However, after listening to the opinions of the mom who tested Baby Plus for me, as well as other parents who have used this product, I recommend Baby Plus anyway. The number of parents who rave about this product and credit it with their baby's alertness, calm disposition and ability to learn is amazing.

The Baby Plus system consists of a battery-operated unit and a little pouch, which is strapped around mom's former waist so that the unit rests against her belly. When Baby Plus is turned on, it emits rhythmic thumping sounds. You are supposed to strap the unit to your belly twice a day for one hour each time, from 18-32 weeks gestation. The thumping, which many people compare to a bongo sound, is said to help baby learn and respond to his or her environment in the womb because it contrasts with the two sounds that are most consistent in baby's prenatal world - mom's heartbeat and his or her own heartbeat.

The mom who tested Baby Plus for me found the thumping sounds soothing. Others find the sounds annoying, so if you have sound sensitivities, see if you can listen to one before buying to see if you like it. This mom also reported that her baby moved quite a bit during the sessions and seemed to anticipate the sessions. When the baby arrived, he did seem to be very alert and calm, except for a few bouts of colic.

You may not be able to prove that any results you see are because of Baby Plus, but there are certainly many parents who credit Baby Plus with their baby's happiness and learning ability. With so many parents who love the product and so few drawbacks, you have little to lose by trying Baby Plus.