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The BabyPlus System; Mother's Day Gift Idea



Mother's Day is right around the corner! It's pretty easy to remember good ole mom, but don't forget the mommy-to-be in your life! Just because she's still waiting to meet that baby doesn't make her any less of a mom! I'd like to introduce you to a product that I think any expecting mom would love on her special day!

As a member of Momfluence, I was provided with a BabyPlus Prenatal Education System, as part of the Momfluence Mother's Day Gift Guide. BabyPlus is an educational tool to be used during pregnancy, that supposedly will strengthen your baby's learning abilities later in life. There is a great video on the BabyPlus website that shows the unit being worn, and briefly summarizes how it works. I'd love for you to quickly check that out.

The learning that happens as a result of the BabyPlus System is based on the pattern of heartbeats. Since babies hear their mother's heartbeat all day, every day, the BabyPlus System introduces different heartbeat patterns. Apparently, babies learn to discriminate the subtle differences between the two heartbeats, which is the first step in learning. The BabyPlus System has sixteen different lessons, each with a slightly different heartbeat pattern.

Expecting moms can begin using the system as early as 18 weeks, when hearing is established in the baby. She wears the BabyPlus System for an hour, twice a day, during her normal activities. I've been using the BabyPlus System for the last week and find it very intriguing. BabyPlus says that newborns who have been exposed to the system are more relaxed, alert, interactive, and responsive. Since I haven't had this baby yet I can't speak to those points, but I plan to continue using the BabyPlus System for the remainder of my pregnancy and see what happens!

What I find to be the best part of the BabyPlus System is that it forces me to slow down and relax twice a day. The system is designed to be used during normal activity, but I choose to spend those two hours a day with my feet propped up, tuning in and connecting with my pregnancy and baby. I did a lot of that in my last pregnancy, but have found it very difficult to slow down and focus this time, with a toddler running around. The BabyPlus gives me a reason to pause, and I appreciate that.

The BabyPlus website has a section discussing the safety of the system, and I encourage you to check that out. Personally, the system is a little loud for my taste so I set it next to my belly instead of wearing it in the belted pouch. I find the rhythmic heartbeats actually lull me into a nice state of relaxation, so it's great for catching a quick cat nap!

If you'd like more information on the BabyPlus System, visit their website. You can also find BabyPlus at select retailers nationwide.