

TinyExplorer Recording Instructions

Recording

Please record at home on a usual day during **playtime**:

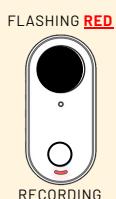
- When your child is at their best, and outside of meal and nap times.
- As soon as possible, as the battery will start depleting.

1 Take the TinyExplorer gear, labelled '1', and activity diary out of the grey bag.

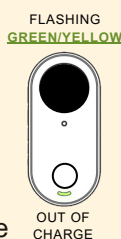


2 Place the TinyExplorer gear on your child's head, with the camera facing the front. Secure the strap under their chin. (See useful tips on the right.)

3 To record, press the white button. The light will start flashing **red** when recording. Please go about your daily activities as usual.

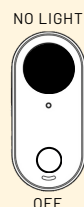


4 After around 40 minutes, the battery will run out. It will briefly flash **green/yellow** and then automatically turn off.



5 To check the battery has run out, please press the white button. The light should briefly flash **blue**, and then turn off.

6 Take TinyExplorer gear '1' off and put it back in the grey bag. Please fill out the activity diary.



7 Take TinyExplorer gear '2' out of the bag, and repeat previous steps 1-5.



Scan me for video version of the recording instructions

Useful Tips

to get the TinyExplorer gear on

You know best what works for your child, but here are a few tips that have worked for other families:

- Try placing the gear on in one swift, confident movement.
- Distract your child - perhaps with their favourite toy, or food.
- Put on a short clip of your child's favourite TV show.
- Try again after a nap or a meal.
- Put a normal hat on your child's head for a few hours, so they get used to the feeling.
- Try placing the gear on the top of your head, to show your child what it looks like.
- Some children enjoy seeing what they look like in the mirror.
- If your child enjoys wearing a bike helmet, you could try to call this gear a helmet.
- Perhaps try another day - sometimes sleep can make all the difference.

Please do get in touch if you have any questions or would like some help brainstorming on how to get the gear on.

Want something deleted?

Please note it is not possible to view or delete the recording without specialist equipment.

Please let us know at babylab@cardiff.ac.uk if you want something deleted.

When we receive the gear, we can either:

- delete the whole recording without opening the video and send you a replacement gear to re-record a new 40 minute session, or
- delete a section of video based on your instructions.

Need to pause the recording?

Please try to avoid pausing the recording as much as possible.

However, if at any point you want to pause the recording, please follow these steps:

1 Press the white button once and wait for the camera to stop flashing **red**. The camera is now paused.

2 Press again to re-start the recording (it will start flashing **red** again once recording).

We are here to help!

☎ 029 2251 4800

📧 07816 127307 (text/WhatsApp)

✉ babylab@cardiff.ac.uk

