

open up
and discover
your baby's
language





Every baby is born with the ability to express their basic needs through sound. Eight years of research has found that this is a language shared by all babies throughout the world. A simple language that you will soon be able to hear and understand. Welcome to the Dunstan Baby Language.

This System will teach you how to interpret your baby's needs through their sounds and cries. It allows you to take part in their universal language and share in their world of communication. This is to discover the difference between hearing and listening. Simply hearing your baby's cries leaves you powerless and without solutions, but when you know to listen for the meaning within the cry, it changes everything. By using Dunstan Baby Language you will learn how to tune your ear and listen for the sounds within your baby's cry. Take your time, and know that with practice you will discover the joy of listening and understanding. After all, you already have the best teacher to guide you... your baby.



Meet Priscilla Dunstan



This is the story of an Australian woman who used her unique gift and intuition as a mother to reveal the secret language of babies.

As a child, Priscilla demonstrated an unusual talent for sound. A gifted violinist, she could hear a piece by Mozart once, then play it back in its entirety. Her father, a professor at the University of New South Wales, identified that his daughter had a photographic memory for sounds. During her teenage years, Priscilla toured Europe and Asia as a concert violinist. She then spent 10 years exploring the world of classical singing and opera, which heightened her appreciation of how the body produces sound.

For years, many mothers have believed that a baby's cries were more than just random noise. With the birth of her son Tomas, the significance of Priscilla's gift emerged, as she was able to recognise patterns in her infant son's cries. After hundreds of hours of study and observation of over 1000 babies, these sounds were formally classified, confirming that specific cries had a precise meaning.

Now, after nearly a decade of research, including independent studies conducted internationally, this System has developed into the recognition of a universal language. The Dunstan Baby Language has already transformed parent's lives around the world. We hope you will enjoy discovering your baby's world of sound for yourself.

Parents around the world have told us how learning the Dunstan Baby Language changes their lives. Being able to listen and understand your baby's needs will deepen the bond with your child, and ease some of the pressure and stress felt by most parents.

Here are the key benefits of learning the System:

- 1 Correctly identify and address the basic needs of your baby.
- 2 Your infant will cry less, settle more easily, and have more uninterrupted sleep.
- 3 Experience an increase in satisfaction, self-esteem and a corresponding belief in your abilities to care for your baby.
- 4 Feel less stress as your child becomes happier and more content.
- 5 And as your baby sleeps, so can you.



Benefits for baby and you



JUNE 30
Tom is born
in Sydney.



Dr. Max Dunstan
assists in the design of a
research programme to
validate the System.

CLASSIFICATION
RESEARCH
(Feb - June)
Priscilla visits homes of 42
mothers and videotapes
baby sounds.
**The infant cries are
accurately recorded and
classified.**

INTERVENTION
RESEARCH
30 mothers are recruited
and 'cast' for a parenting
video. Priscilla tests the
efficacy of the sounds by
asking mothers to apply
them both correctly
and incorrectly.

1998

JULY - SEPTEMBER
Priscilla identifies
multiple sounds
and begins to apply
the System to Tom.
**The first 5 sounds are
the initial focus.**

1999

OBSERVATION RESEARCH
Priscilla observes more babies to determine if
they also produce the 5 sounds.
Over 400 babies are observed in doctor's offices,
hospitals, baby clinics and playgroups
- even shopping malls - in different communities.
**Every child was observed making one or more
of the classified sounds.**

2000

The information relayed by
the infants was more
detailed than expected.
Patterns were discovered
in the infant's routines
and we were better able to
contribute ideas for
settling.
The mothers responded
with positive feedback on
the results.

2001

The story so far...

CONSUMER TESTING WITH MOTHERS

Mothers are first taught the System by Priscilla and also given videos or DVDs of the initial System to learn and apply. Video and written testimonials are collected.

1st Trial - Sydney, March 2002

5 mothers and 2 fathers. 100% sample on tape.

100% success and satisfaction. Post-trial feedback even stronger.

2nd Trial - Sydney, Quarter 4 2002

10 mothers and 2 fathers. 100% sample interviewed. 100% success and satisfaction.

3rd Trial - Sydney, May 2004 to March 2006

22 mothers.

Leading Edge completes the 4th trial of Dunstan Baby Language in June, Sydney, with 110 mothers.

The study is repeated in Chicago with a further 244 test mothers, which include mixed ethnicities and independent academics review and contribute measures to the non-clinical methodology.

2002

2003

2004

2005

2006



MAY

The Dunstan Baby Team meets with Prof. Barry Lester, at Brown University in Providence, USA.

AUGUST

US academics fly to Australia to review the body of research that has accumulated to date. They observe live intervention research sessions with 22 mothers and interview them in the process.

US academics develop a Clinical Trial methodology and, in conjunction with Australian academics, submit Research Protocol to Australian University.

The commencement of data collection in Sydney is approved. When completed, research paper is to be submitted to leading US journals.

NOVEMBER

Dunstan Baby Language is announced to the world during an exclusive interview on the Oprah Winfrey Show. The System is made available December 2006.

More research follows in 2007 with consistent results seen in UK studies of 168 mothers, indicating proof of principle.



What parents say

"I felt so **much more confident** that I could meet his needs when he was communicating them to me. It empowers you to be the best parent you can be."

Catherine McNeil, mother of Asher – 5 weeks.

"With the Dunstan System you're a lot calmer in general and you get to **sleep a lot more**, which is essential. Sleep is something that you absolutely need and you get a lot more when everybody's calm."

Anthony Zilcer, father of Joshua – 10 weeks.

"As parents we want to think that we know what's best for the baby. Based on the System, the baby is telling us some very basic things that he needs...and we just have to respond. It's brought Caleb and I closer and without a doubt it's brought **my wife and myself even closer**."

Eddie Christudhas, father of Caleb – 8 weeks.

"Before, we thought our baby was so unpredictable but she wasn't unpredictable, we just didn't know what she wanted. Now that we are able to respond quickly to her needs, **she cries very little**. We are able to take her out and enjoy our lifestyle. We're happy and she's happy...that's the goal."

Michele Hedden, mother of Gabriella – 4 weeks.

"Having observed crying babies for over thirty years I always determined the baby's need through interpretation of the body language accompanying the cry rather than listening to the sounds themselves...I will certainly begin to **shut my eyes and listen** for a while when making future 'what baby wants' diagnoses with my clients."

Jan Robinson, Midwife

Sound advice



1 Listen in the pre-cry stage.

When listening for your baby's cries it is important to pay attention to the pre-cry stage (before your baby's crying becomes hysterical). Doing so makes it easier for you to clearly hear which word your baby is saying, and how best to address his or her needs.

2 Act on the dominant word.

In the beginning especially, **keep it simple**. If you hear more than one word in your infant's cry, listen to which word is being said the most and address that need. For example if your baby is saying "Neh, Neh, Neh, Eh, Neh", address the most prominent word, "Neh".

3 Listen for the distinctive part of each word.

To help understand which word is being said, listen for the distinctive feature of each word within the cry. For example listen for the N sound in "Neh".

4 Relax if your baby doesn't say all the words at first.

It is normal for your baby to say certain words more often than others. For example, the word for hungry or tired may be heard more often than that for upper wind. So don't worry. What is important is to listen to which word is being used most and address that need.

5 Change your baby's position so that you can hear the words more clearly.

Resting your baby over your shoulder, sitting them on your knee, laying them down across your lap, or laying them over your knee and gently patting their back will often make the words clearer and easier to hear.

6 Look for the reflexes.

The 'words' that form the Dunstan Baby Language are based on body reflexes in combination with sound indicating a need. If you look for the physical expressions of these reflexes, it can help you identify the sounds as they are made by your baby.

8 years of research



Since 1998, the Dunstan Baby Language has been comprehensively researched, involving observation of over a thousand babies. Independent studies conducted in Australia, the U.S.A. and the United Kingdom demonstrated consistent results:

WORKS UNIVERSALLY

- 90% of all mothers found the Dunstan Baby Language very beneficial, and 100% of first time mothers reported the System highly valuable.

GREATER SETTling AND UNINTERRUPTED SLEEP

- 70% reported their baby settled faster.
- 50% reported an increase in uninterrupted sleep for both their baby and themselves*.

GREATER CONFIDENCE IN YOUR ABILITY AS A PARENT

- 70% of parents experienced greater self-esteem and a reduction in stress. They felt more confident, relaxed and in control.
- 50% of mothers felt a greater bond with their baby*.
- 50% experienced better feeding results*.

HOW FATHERS BENEFIT

- Fathers reported reduced levels of stress, and more positive marital relationships as an immediate result of greater paternal involvement.

International research in Sydney Australia and Chicago USA was conducted by The Leading Edge.

UK study conducted by 2CV, England.

*Specific to Australia and the USA results.

Tuning your ear

It is well established that crying is the way a newborn communicates. The Dunstan System teaches parents to listen for the sounds in the pre-cry stage; before prolonged crying develops. By listening, parents can discover exactly what their infant needs, and know that when she is crying she has a need that has not been met.

Tuning into the sounds of your baby requires some practice. Just like us, babies say each sound slightly differently, so you will need to take your time to hear how your newborn makes each sound.

In the first week parents are adjusting to life with a newborn so in teaching the System we focus on learning 3 important 'words' first - hunger, tiredness and burping. Once these first sounds are easily distinguished, usually after a week or so, parents can then move on to the final 2 words.

Remember that for a newborn, crying is a response to a physical need, so your baby won't cry because she dislikes the colour of her dress or the person who is holding her!

Understanding the Dunstan System will take the guesswork out of caring for your newborn and bring a profound skill to you as a parent. We believe that communication between a mother and child lasts a lifetime – and it can begin even as your baby is born.



Frequently asked questions

[“Do babies really use language?”](#)

Babies use sound and gestures to communicate their basic needs. These sounds are not random. They are produced by their body in response to a physical need. If these needs are not met or are ignored, cries may become louder and babies become more upset!

The sooner you identify those needs and respond appropriately, the less your baby will cry.

These sounds or "words" form the basis of what we have called the Dunstan Baby Language. They have meaning and your role is very simple – just listen to your baby and apply an appropriate settling technique.

[“Is the Dunstan Baby Language difficult to learn?”](#)

Not at all, this is not like trying to learn a new language. Once you have tuned your ear and are familiar with the sounds your baby makes, you will begin to understand your infant's cries. The Dunstan Baby Language is about listening and responding to your baby's sounds. It is the most effective way for a baby to communicate his or her basic needs to you.

[“Does this System help my baby sleep better?”](#)

When infants are happy and content they will sleep better. By following your infant's sounds and acting on what is needed your baby will become relaxed and settle more easily.

[“Are the settling techniques shown the ones I should use?”](#)

The settling techniques on the DVD are some of the more popular ones used. They



are included to give you some idea of what to do once you have recognised your baby's need. But they are only suggestions. Always do what you feel is best for your baby. If you are having difficulties or need more help with settling techniques, please consult a professional.

“When do babies stop using the Dunstan Baby Language?”

Research has shown that the Dunstan Baby Language (Program One) is most successful for babies between birth and three months.

“I’m tone deaf. Will I still be able to hear the different cries my baby will make?”

The Dunstan Baby Language is designed to tune your ear to the different cries your baby will use to communicate. Being “tone deaf” will not be a barrier to understanding your baby’s cries. If you do have difficulties distinguishing sounds, go back to the DVD and listen again to the differences in the cries to help better tune your ear.

“Why is the System taught over 2 DVDs?”

Mothers have told us that learning the System over the course of two weeks with a user-friendly 2 disc set is the most effective way to reap the full rewards of the Dunstan System.

By learning the Dunstan Baby Language you are becoming part of a growing worldwide community. We would love to hear your stories and by sharing your feedback and experiences, you will be helping other parents from around the world.

Join us online at: dunstanbaby.com or write to us at: mystory@dunstanbaby.com

dunstanbaby.com is also designed to provide you with an online reference to the System and will be the place to learn all about new developments with the language.



Why we are listening

At Dunstan Baby, it is our wish that every mother can communicate with her baby from the very first moment.

It is our heartfelt belief that the Dunstan Baby Language will have a significant impact on families and communities around the world.

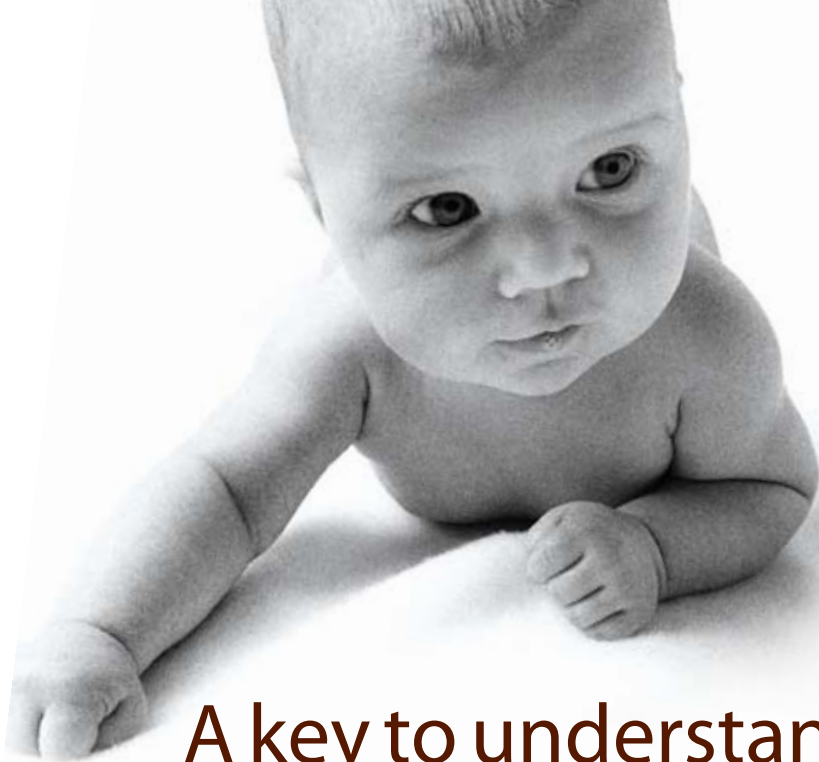
We believe babies who are listened to grow into adults who are better able to listen and relate to the world around them.

It is through listening that new solutions will be discovered, which is why we make this promise to you – that we will be **Always Listening**.



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Baby Notes: Tune-in to your baby



**A key to understanding babies:
Dr Maureen O'Brien**

Nothing is as thrilling as becoming a new mother, and nothing is as daunting as having a crying newborn. The notion that babies are able to communicate from birth is a revelation to many experts and every new parent.

Some of the world's greatest discoveries began with a challenge to conventional wisdom. New ways of thinking lead to new observations, or sometimes, new observations lead to new ways of thinking. Priscilla Dunstan has discovered a universal baby language, one that allows mothers and fathers to understand their newborn's cries.

When I first encountered the work of Dunstan Baby in 2006, the story had already caught the attention of key influencers and the media worldwide, including Oprah Winfrey. I was captivated by the System's potential to empower new parents. To be able to listen and know what an infant needs would revolutionize the experience of parenting... from trial and error (lots of error!) to calm and confident caregiving.

It would enable parents to develop a deeper bond of understanding, love and trust with their baby – and also with each other.

The Dunstan System truly empowers parents as care givers, and provides a valuable context for professionals to share what they know about the science of communication between parents and their babies.

What better way to support new families...



Maureen O'Brien
is a published author, has a
Ph.D. in Child Psychology
and is a mother of twin boys.

Hear more from Maureen at
dunstanbaby.com

Dr. Maureen O'Brien - Director of Education for Dunstan Baby



Heh.®



Neh.®



Eh.®



Eairh.®



Owh.®

Baby Notes

The Dunstan System teaches you to understand your baby's needs from the first few days of life. Then you can begin to focus on observing and tuning-in to your baby's daily rhythms. Very soon, you will see the daily rhythms become larger patterns.

Dunstan Baby Language helps to take the guesswork out of caring for your new baby and by knowing your newborn's needs, makes a routine possible. Establishing a routine, where both mother and baby know what comes next, helps you adjust your days to each other. A very practical tool to tune-in and get to know your newborn is the use of Baby Notes.

A parent uses Baby Notes as a log or journal of their baby's day. In the beginning for instance, you will find that your baby follows a feed to sleep cycle. This will often be every 3 to 4 hours and, by using Baby Notes, you will be able to identify patterns in your baby's activities, crying and settling.

You will soon become confident about what works for your baby, helping you to feel calm, in control and more able to organize your day. Keeping Baby Notes also empowers your partner to know your baby's routine, so that you can support each other and share the joys and duties of parenting your newborn.



Neh. ©

Hungry

The “Neh” sound is a response to the sucking reflex. Feeding when you hear “Neh” is essentially feeding on demand, although you will probably notice that your baby feeds regularly every 3 to 4 hours. On a hot day you might notice that he says “Neh” more often as he is more thirsty than usual. By feeding on “Neh” you can be confident that you are not overfeeding your baby, and you may notice a reduction in spitting up because he is physically ready to receive food.

Many studies support the benefits of human milk in protecting baby from illness, providing the perfect balance of calories and nutrients, as well as promoting a special loving bond between mother and baby. For most mothers breast feeding requires practice and often perseverance to establish. If you breast feed you may notice that your body responds to “Neh” by producing milk and your baby will latch on better and feed longer. Proper attachment to the breast will help avoid painful cracked nipples and grazing, allowing you and your baby to settle into a comfortable feeding routine.

By listening to your baby and feeding on the “Neh” sound, whether by breast or bottle, you can be confident that your baby is getting the right amount of nourishment for healthy weight gain.

Your baby uses a combination of sounds and signals to tell you he is hungry:

Listen for the “Neh” cry

Distinguish this cry by the “N” part of the sound

Look for his tongue moving along the roof of his mouth

He may turn his head from side to side

Look for licking of lips

Look for sucking of fists



Owh[©]

Tired

The “Owh” sound is based on the yawn reflex, indicating that baby is ready for sleep. Just like when you yawn, you will notice that your baby’s mouth is in an oval shape when she says “Owh”. If you put your baby down to sleep when you hear the “Owh” sound you will notice that she will fall asleep more quickly and easily. You might also notice that the “Owh” tends to come before she starts the jerky movements and eye rubbing that are the physical signals for tiredness.

One of the main reasons that young babies are unsettled is due to over-tiredness or over-stimulation. Her new world is filled with bright lights, loud noises, new faces and experiences which can be quite overwhelming, especially if you consider that just a few days or weeks earlier she was cocooned in the dark sanctuary of the womb. Now you can let your baby be your guide about how much stimulation is enough by listening for the “Owh” sound.

Many experts and parents agree that sleep behaviour is learned. By responding promptly to your baby’s “Owh” sound and putting her down to sleep when she tells you she is ready (before she becomes overtired and frustrated), you can both enjoy more restful nights.

The safest position for baby to sleep (to reduce SIDS risk) is on her back, without pillows or loose bedding.

Your baby tells you she is sleepy in many ways:

Listen for the “Owh” cry

Look for yawning and an oval shaped mouth

Movements may become jerky

Baby may rub her eyes or pull her ears

Back arching and squirming are signals of tiredness



The “Eh” cry is produced by the chest constricting in an effort to force the wind up. It is often heard as a series of short “Eh, Eh, Eh” cries as baby tries to burp. Because newborns lie flat for long periods you may find that your baby needs to burp throughout the day and night, not only during or after a feed. With the Dunstan System you can let your baby be your guide. Parents often tell us that their baby will wake and make the “Eh” sound, then once burped will go right back to sleep. Knowing to burp your baby on the “Eh” cry means you can settle her faster.

The “Eh” cry is one of the most important for avoiding long periods of crying. Burping your baby on “Eh” will help to avoid the air being pushed down into the lower abdomen and causing pain. Burping on “Eh” can also help to reduce the spitting up that can occur when your baby is fed on top of an air bubble. Naturally when the air comes up so does the milk, so burping on “Eh”, whether it’s in the middle of the feed or at the end of the feed is a good way to ensure your baby can feed comfortably.

When your baby needs to burp you might notice these sounds and signs:

Listen for the “Eh” cry, often in quick succession

Baby may squirm if laid down

Look for chest tightening

Baby may stop mid feed and start fussing

The burp may be silent so, if the “Eh” stops, you know the air has been expelled



Lower
wind/gas

If your baby cries a lot there is a good chance you are hearing the “Eairh” sound. The “Eairh” word is produced in the lower stomach and is associated with gas and lower wind pain. According to Professor Barry Lester, author of *Why Is My Baby Crying*, 20% of all babies are classified as “colicky babies”, which is defined as chronic crying in an otherwise healthy baby for at least 3 hours per day, 3 days a week for 3 weeks. Even if your baby is not “colicky”, persistent crying for any length of time leaves both you and your baby physically and emotionally exhausted.

When your baby is making the “Eairh” sound you should try placing baby on his stomach and rubbing his back, or gently massaging his tummy to help get the wind out and ease his pain. If you burp your baby regularly when he says the “Eh” sound you can bring the air bubble up and out, which will help to avoid the air moving down and causing lower wind pain. By burping on “Eh” you will find that the “Eairh” sound seems to disappear - along with extended periods of crying, discomfort and distress for you and your baby.

Lower wind pain might also be accompanied by physical signs:

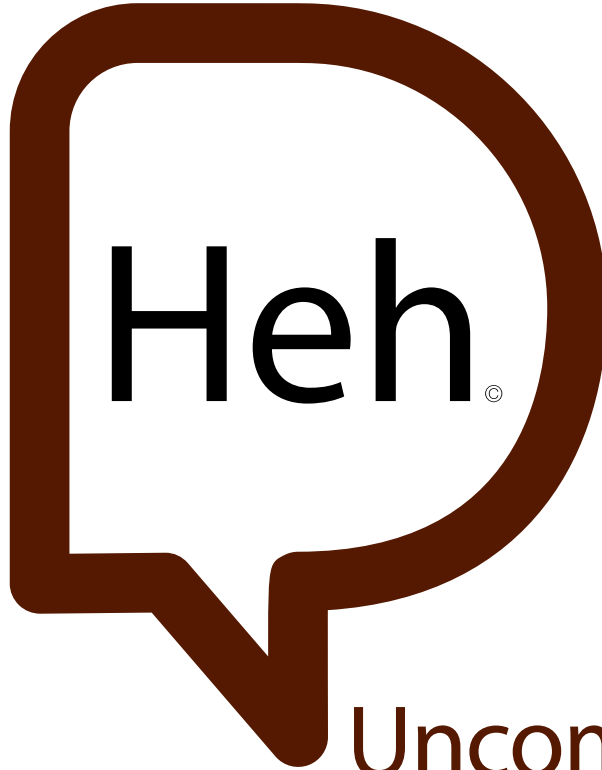
Listen for the “Eairh” cry

Look for whole body tensing and may become rigid

Look for pulling legs up to his tummy

Face grimacing or scrunched up, showing discomfort

Baby cry sounds become more urgent and distressed



Uncomfortable

A frequent reason for fussiness is if your newborn is uncomfortable from a wet or dirty diaper/nappy, or from being too hot or too cold. The “Heh” sound is based on a reflex that involves the skin, so if your baby is uncomfortable he will say “Heh”. With this word you are listening for the “H” part of the sound. There is also an expelling of air that helps you to distinguish the “H” and “Heh” sound from the other sounds your baby makes.

Newborns are not able to regulate their body temperature effectively which means they can easily become over-heated or feel cold. Unlike us, they can’t just take a layer of clothing off or put one on, but by using the “Heh” cry they can tell you they are uncomfortable. Breast fed newborns also have regular bowel movements (as many as twelve a day) so you may frequently hear the “Heh” sound as he tells you he needs to be changed. There are many other reasons why your baby may say “Heh”, for instance the straps on his car seat might be too tight, or a new washing powder might be irritating his skin. By responding to his “Heh” cry you can ensure that your baby is always comfortable and happy.

Your baby will signal that he is uncomfortable in a number of ways:

Listen for the “Heh” cry

Distinctive breathy “H” sound, like panting

If hot, head may feel sweaty and clammy and tummy can become hot

If cold, may be accompanied by shivering and cold extremities (hands, feet)

Baby may squirm or stop feeding if he has a dirty diaper/nappy

Settling your baby

Understanding your baby's language will allow you to settle your baby faster. How much your baby cries – and how easy she is to settle – can vary according to age and temperament. Generally, most newborns are subdued (and sleep a lot) for their first few days, with crying periods reaching a peak between 6 and 8 weeks. But, as you respond quickly to your baby's needs – and she will tell you what those needs are – you will be more able to avoid extended crying periods and maintain a calm and happy home.

In the first few months you will also get a sense of your baby's temperament which influences how she responds to her new world and importantly to changes in her routine. If your baby is easy going she will be easy to read and settle, and will adapt to new situations without difficulty. If she is the sensitive type she will startle easily and be prone to over-stimulation, so you will need to be extra conscious of her environment and routine. Using the Baby Notes provided in the coming pages will help you to get a sense of your baby's 'style' and identify what you do that calms and settles her (and what doesn't). Take your time, listen and observe, and be guided by your baby as you discover her new world together.



Understanding your baby's routine

Newborns follow a natural cycle of feeding to sleeping every 3 to 4 hours, with time usually measured from the start of one feed to the start of the next.

- Feeding often takes between 30 and 60 minutes each time, whether by breast or bottle. Begin by recording the day and time after you hear the “Neh” sound and your baby starts to feed. Keep track of your baby’s intake by noting the time he feeds on each breast or the number of mls/oz taken by bottle. Soon you will see a pattern beginning to emerge – for example feeding at 2, 6 and 10 o’clock – giving you a sense of your baby’s feeding times.
- Burping, changing, and other activities - whether it’s giving him a bath or having some cuddle time - will take up another half to one hour. Although this doesn’t sound like much activity, remember that babies can be easily over-stimulated, making it difficult to go to sleep. Listen for the “Owh” sound to know when baby has had enough activity and wants to sleep.
- Most babies will nap for anything from 30 minutes to 3 hours at a time. Experts say sleep behaviour is learned, so it is important to foster good habits from Day 1. So, when you hear the “Owh” sound, wrap your baby well, and put him down. Upon waking, it won’t be long before you hear the “Neh” cry, telling you that he is ready to feed again.



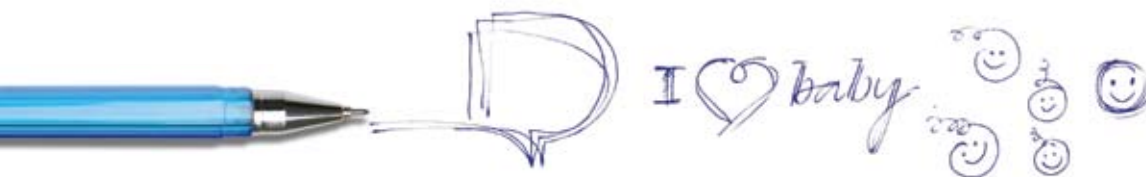
Your Baby Notes

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How to use your baby notes

Download more baby notes pages at dunstanbaby.com

		FEEDING	SLEEPING	BURPING	LOWER WIND	WET-DRY-HOT-COLD	NOTES-OBSERVATIONS	
		neh	owh	eh	earh	heh		
DATE	TIME	FEEDING ROUTINE*	SETTLING POSITION	SETTLING POSITION	SETTLING POSITION		GENERAL MOOD	
6.8	2pm	Minutes on left <u>20</u> Minutes on right <u>15</u> Minutes total <u>35</u> Bottle mls/oz _____	rock/pat <input checked="" type="checkbox"/> walk/move around <input type="checkbox"/> pacifier <input type="checkbox"/> stroke head <input type="checkbox"/> cuddle <input checked="" type="checkbox"/> place hand on body <input type="checkbox"/> Slept for <u>2.10</u> mins/hrs	upright/pat back <input type="checkbox"/> shoulder pat <input checked="" type="checkbox"/> upright/tilt <input type="checkbox"/> rotate on knee <input type="checkbox"/>	massage baby's tummy <input type="checkbox"/> shoulder rock <input checked="" type="checkbox"/> over thigh rock <input type="checkbox"/> rub back <input checked="" type="checkbox"/>	wet diaper/s <u>2</u> dirty diaper/s <u>1</u> too hot <input type="checkbox"/> too cold <input type="checkbox"/>	baby <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> me <input checked="" type="radio"/> <input type="radio"/> <input type="radio"/> OTHER NOTES:	
		*Circle starting side/breast						





thank
you

Thank you for becoming part of the Dunstan Baby Language story. We hope it is the beginning of a deeper connection between you and your baby. And although your child may not remember how you listened for their first sounds, you will always cherish that moment when your baby “talked”, and you listened.





Dunstan Baby. Always Listening.