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# Prenatal Baby Music - A Review of the Ritmo Advanced Sound System

Nov 2, 2010 [Daphne Green](#)

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The Ritmo advanced sound system - D Green

A review of the Ritmo prenatal music belt and a look at the benefits of prenatal auditory stimulation for both mother and baby.



There is growing evidence of positive effects from exposing babies to [music during pregnancy](#).



Research in this area has inspired the development of wearable systems that can deliver quality sound safely to the unborn child.



My observations of the [Ritmo](#) advanced sound system cover the experience for a mother during pregnancy and up until the baby reached three months of age.



## What Are the Benefits of Prenatal Music for Babies?



Makers of pregnancy music belts claim the unborn baby hears clearly from 17 weeks and that numerous studies show benefits of playing them music. These benefits include:



- Enhanced intellectual development
- Enhanced emotional development
- Advanced coordination
- Increased bonding between mother and baby
- Reduced stress for mother and baby



## Why the Ritmo Advanced Sound System?



There are other popular pregnancy music belts to choose from such as the Lullabelly and the



Bellybuds. However, the mother involved in this review chose the Ritmo as she is very active and was keen to uphold a healthy fitness level throughout her pregnancy. The Ritmo offered a design most suited to these needs.



### Findings Using the Ritmo Advanced Sound System



Following all instructions baby was exposed to a variety of music, mostly of the relaxing kind, from 17 weeks in the womb. Mum and dad also played recordings of their own voices via the Ritmo system.



The Ritmo was certainly comfortable and easy to use, washable too. At the time of purchase however, there was no choice of colours. The only option was green and black. Hopefully there will be more colour choice soon.



The Ritmo was easy to attach to an iPod or MP3 player and the rechargeable battery lasted around 5 hours.

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It was reassuring to know the speakers adjust automatically to optimal fetal levels.

Wearing the Ritmo for yoga and daily exercise was comfortable with no slipping or rubbing both directly against the skin and over clothing.

The mother enjoyed knowing she was sharing music with her baby and found the experience relaxing at times when she needed to rest.

### After the Baby Was Born

This little boy was a firstborn and came into the world in perfect health after a lengthy labour. Within the first half hour the midwife remarked on how calm and relaxed the baby seemed.

Subsequently he has progressed steadily and very calmly. The bond between mum, dad and baby is incredible. Baby rarely cries, breast feeds well and sleeps a decent amount of hours most nights.

There is no doubt he responds now to the music he was played when in the womb. He genuinely appears to recognize and enjoy it.

It will be interesting to monitor progress with Ritmo Applications for the crib, stroller and toys.

Source: Ritmo, Pregnancy and Baby

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Reference





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