BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

Smart Baby Monitors

Nanit, Owlet, VTech and safe sleep —
explained in plain English, one step at a time

A plain-English guide for parents and grandparents

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Nanit, Owlet, VTech & other monitors · facts current November 2026

What's Inside

This is your guide to baby monitors: choosing one, setting it up, placing it safely, sharing it with grandparents and sitters, and keeping it secure. Read it in any order and at your own pace. One thing comes before everything else, and you will see it more than once: a monitor is a helper, not a babysitter. It does not replace a grown-up keeping watch, and no monitor has been shown to prevent SIDS. Safe sleep comes first. Apps change their menus often, so when a button has moved, look for the same words nearby.

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PART 1

Getting Started

What a baby monitor can and can't do, the safe-sleep basics that come before any gadget, and the handful of words you'll see on every box and in every app. Start here.

CHAPTER 1

A Note from Bill

Hello, and welcome. Maybe there's a new baby in the family, or the grandbaby is coming to stay for the weekend, and someone has handed you a camera, a sock or a little screen and said, "Here, this is the monitor." This guide is for **you**. It explains, in plain English, what these devices do, how to set them up, and how to use them safely.

I'm Bill. I've spent more than 30 years working with technology, and these days I help families here in Portage County feel at home with theirs. I wrote this guide the way I'd explain it at your kitchen table: patiently, without jargon, and without trying to sell you anything.

What this guide will do for you

- Put **safe sleep** first, using the advice of the American Academy of Pediatrics and the National Institutes of Health's Safe to Sleep campaign.
- Explain the difference between **Wi-Fi monitors** (with a phone app) and **local monitors** (with their own little screen and no internet).
- Walk you through setting up **Nanit**, **Owlet** and **VTech**-style monitors.
- Show you where to put the camera and how to keep **every cord** well out of the baby's reach.
- Give you honest prices, including the monthly plans, as of November 2026.
- Show you how to **share** the monitor with grandparents and sitters, and how to take that access back.
- Help you keep the monitor **secure** with strong passwords, two-step verification and updates.

STAY SAFE

The most important thing in this guide

A baby monitor does **not** replace a grown-up keeping watch, and **no baby monitor has been shown to prevent SIDS** (sudden infant death syndrome). The things that lower a baby's risk are the safe-sleep basics in Chapter 3: on the back, on a firm flat surface, in a bare crib, in your room but not in your bed. A monitor is a helper on top of those, never instead of them.

The big promise: you can't break anything

Almost every setting in these apps can be changed back. If you invite the wrong person, you remove them. If an alert is too loud, you turn it down. The one thing that is not a setting is where the camera and its cord go, and this guide spends a whole part on getting that right.

GOOD TO KNOW

This guide is not medical advice

I'm a technology helper, not a doctor. Anything about your baby's health, breathing, oxygen or sleep belongs with your baby's doctor or nurse. If a baby ever seems to be in trouble, call 911 right away. Don't stop to check an app.

And I'm only a phone call away

If anything here leaves you unsure about the technology, call me at **(330) 200-8042**. There's no such thing as a silly question.

Let's start with what a monitor can and can't do.

— Bill

CHAPTER 2

What a Baby Monitor Can & Can't Do

A baby monitor is a long-distance ear, and often a long-distance eye. It lets you hear or see a sleeping baby from the kitchen, the porch or the next room, so you don't have to stand in the doorway. That's a real comfort. But it helps to know exactly where its job stops.

What a monitor can do

- Let you **hear** the baby wake, fuss or cry from another room.
- Let you **see** the baby, even in the dark, using night vision.
- Let you **talk** or play a soothing sound through the camera, on many models.
- Send a **notification** to your phone when there's sound or movement.
- On some models, keep a **sleep log** or short video clips you can look back on.
- On wearable models like the Owlet Dream Sock, show **readings** such as heart rate and send alerts when they fall outside set ranges (Chapter 15).

What a monitor can't do

- It can't **prevent SIDS**. No monitor of any kind has been shown to do that.
- It can't **pick the baby up**, notice a loose blanket, or smell smoke. Only a grown-up can.
- It can't work if the **battery is flat**, the Wi-Fi is down, or the phone is on silent.
- It can't make an **unsafe sleep space** safe. A monitor watching a baby on a soft couch is still a baby on a soft couch.
- It can be **wrong**. Every maker warns about false alarms and missed alerts.

STAY SAFE

Monitors don't replace supervision

Whatever the box says, treat a monitor as a helper for a grown-up who is nearby and paying attention. The American Academy of Pediatrics (AAP) says home heart-and-breathing monitors should not be used as a way to lower the risk of SIDS, and there is no evidence that wearable monitors prevent it. Families who choose to use one should still follow every safe-sleep rule.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the limits up front means you'll use the monitor for what it's good at — saving you trips down the hall and letting you rest a little easier — without leaning on it for something it was never built to do.

CHAPTER 3

Safe Sleep Comes First

Before we touch a single gadget, here are the safe-sleep basics. They come from the American Academy of Pediatrics and from **Safe to Sleep**, the safe-sleep campaign run by the National Institutes of Health (NIH). They cost nothing, and they matter far more than which monitor you buy.

The ABCs: alone, on the back, in a crib

1. **On the back, every sleep.** Naps and nighttime alike. Babies sleep on their backs for every sleep.
2. **On a firm, flat surface.** Safe to Sleep describes it as *firm* (it springs back right away when you press it), *flat* (like a table, not a hammock) and *level* (not tilted or on an incline). Use a crib, bassinet or play yard made for babies.
3. **A bare crib.** Only a fitted sheet. No pillows, blankets, quilts, bumpers or stuffed toys in the sleep space.
4. **In your room, not in your bed.** Safe to Sleep says room sharing without bed sharing is the safest option: the baby sleeps in the same room as a grown-up, near the adult bed, but in a separate space made for babies.
5. **Never on a couch, armchair, waterbed or soft mattress.** Safe to Sleep lists these soft surfaces as unsafe for a sleeping baby.

STAY SAFE

Nothing in the crib — and that includes the monitor

A bare crib means bare. That includes the monitor, the camera, its cord, and any wearable's base station. The U.S. Consumer Product Safety Commission (CPSC) warns never to place a monitor inside the crib or on its edge. Chapter 10 covers cords in detail.

Grandparents: the advice has changed

If you raised children a generation ago, you may remember babies sleeping on their tummies, or cribs dressed with soft bumpers and a cozy quilt. The advice has changed since then, based on what doctors have learned. Safe to Sleep even publishes a booklet written just for grandparents. It's worth a look before the grandbaby stays over.

GOOD TO KNOW

A monitor never changes these rules

The AAP says families who choose to use a wearable or heart-and-breathing monitor should still follow every safe-sleep recommendation. A monitor is extra, not a substitute.

WHAT THIS DOES FOR YOU

What this does for you

These few habits are the part of keeping a baby safe that is fully in your hands, they're free, and they work with or without any monitor at all.

CHAPTER 4

The Words You'll See

Monitor boxes and apps use a handful of words over and over. Here they are in plain English. Come back to this page whenever one puzzles you.

Word	What it means
Camera unit / baby unit	The part that sits in the baby's room and listens or watches.
Parent unit	The little handheld screen or speaker that comes with a local monitor. Wi-Fi monitors usually use your phone instead.
Wi-Fi monitor	A monitor that connects to your home internet, so you watch it in an app on your phone, from anywhere. Nanit and Owlet work this way.
Local monitor	A monitor whose camera talks straight to its own parent unit by radio, with no internet, no app and no account. Many VTech models work this way.
FHSS	Frequency-hopping spread spectrum: the radio keeps hopping between channels, which makes it harder to listen in. Common on local monitors.
DECT	A radio system, borrowed from cordless phones, that many audio-only monitors use.
Night vision	Invisible infrared light that lets the camera see in a dark room. The picture turns black and white.
Two-way talk	Speaking through the camera so the baby hears your voice.
Wearable	A sock, band or sleep sack the baby wears that gives the monitor extra readings.
Base station	The small box that a wearable reports to. It lights up and sounds alerts.
Subscription / plan	A monthly or yearly fee that unlocks extra features in the app.
Firmware	The software built into the camera itself. Updates fix problems and close security holes.
Two-step verification	A second check, such as a code texted to your phone, on top of your password.
FDA clearance	A U.S. Food and Drug Administration review that lets a company sell a product as a medical device for a specific, limited use (Chapter 15).

TIP

Same idea, different names

Nanit calls the people who can see the camera your **team** or **caregivers**. Owlet talks about **caregivers** sharing one account. A VTech parent unit doesn't need any of that: whoever holds the screen can see the baby.

PART 2

Choosing a Monitor

Wi-Fi or local, camera or wearable, and what each one really costs once the monthly plans are counted. Read this before you buy, or before you accept a hand-me-down.

CHAPTER 5

Wi-Fi Monitors vs. Local Monitors

This is the biggest choice you'll make, and it has nothing to do with brand. Either the monitor uses your home internet, or it doesn't.

Wi-Fi monitors (Nanit, Owlet and many others)

The camera joins your home Wi-Fi. You watch on a phone or tablet app, and you can check in from anywhere with an internet connection: from the kitchen, from work, or from Grandma's house across town. Extras like sleep reports, video history and sharing with family live in the app, and some of them need a paid plan.

Local monitors (VTech and similar)

The camera talks by radio straight to a small screen that comes in the box. There's no internet, no app, no account and no monthly fee. You can only watch from within radio range of the house, and only on that one screen. You set it up by plugging in both pieces.

	Wi-Fi monitor	Local monitor
Watch from	Anywhere with internet	Inside the house and yard (radio range)
Watch on	Phones and tablets, several at once	The parent unit that came with it
Needs	Home Wi-Fi, a phone, an account	Two outlets
Monthly fee	Optional plans, some features need one	None
Share with Grandma	Invite her in the app	Hand her the parent unit
If the internet goes down	Video may stop	Keeps working
Security worries	Account passwords, updates	Fewer: no internet connection

TIP

Which one is right for you?

If you mainly want to hear and see the baby from the next room, a local monitor is simple and has nothing to subscribe to. If you want to check from work, share with relatives who live elsewhere, or see sleep reports, a Wi-Fi monitor does that. Some families use both: a local monitor at Grandma's house and a Wi-Fi camera at home.

STAY SAFE

Either kind is only a helper

Wi-Fi or local, the rule is the same: a monitor doesn't replace a grown-up nearby, and no monitor has been shown to prevent SIDS.

WHAT THIS DOES FOR YOU

What this does for you

Knowing this one difference cuts the choice in half and tells you right away whether you'll be dealing with apps, passwords and plans, or just two plugs.

CHAPTER 6

Audio, Video & Wearable: Three Kinds of Monitor

Within those two families, monitors come in three styles. Many products mix them.

1. Audio monitors

The simplest kind: you hear the baby, and a row of lights shows how loud the sound is. VTech sells audio-only models that use DECT radio. They're inexpensive, the parent unit runs a long time on a charge, and they're easy for anyone to use.

2. Video monitors

A camera with night vision, plus sound. Local video monitors come with a parent screen. Wi-Fi video monitors such as the **Nanit Pro** or Owlet's cameras use your phone. Some Wi-Fi cameras also track sleep by watching the crib from above.

3. Wearable monitors

Something the baby wears that gives the app extra readings. Two common examples:

- **Owlet Dream Sock**: a soft sock with a sensor that reads pulse rate and oxygen level. It has FDA clearance for specific notifications in healthy infants (Chapter 15).
- **Nanit Breathing Wear**: a swaddle, band or sleeping bag with a printed pattern the Nanit camera watches to track breathing motion. It is a comfort feature, not an FDA-cleared medical device (Chapter 14).

STAY SAFE

Wearables are not a safety net

The AAP says there's no evidence that wearable or heart-and-breathing monitors prevent SIDS, and that families who use them should still follow every safe-sleep rule. A wearable can also give false alarms, or miss something. Never use one as a reason to relax the basics in Chapter 3.

WHAT THIS DOES FOR YOU

What this does for you

Matching the kind of monitor to what you actually need — just sound, sound and picture, or extra readings — keeps you from paying for features you won't use.

CHAPTER 7

What It Really Costs

The price on the box is only part of the story. Wi-Fi monitors often have a monthly or yearly plan that unlocks extra features. Here's what the makers' own websites showed in November 2026. Prices change often and sales are common, so check the official site before you buy.

Nanit

Item or plan	Price (as of November 2026)	What it adds
Nanit Flex Stand	$49.00 list	A portable stand; sleep tracking doesn't work on it
Nanit Wall Mount	$100 list	Overhead mount for the full sleep-tracking view
Nanit Floor Stand	$100 list	Looks down from behind the crib; works with sleep tracking
Sleep plan	Introductory trial with a new camera; check price	Sleep tracking basics
Memories plan	$10 a month or $120 a year	2 days of video history, up to 10 caregivers
Milestones plan	$25 a month or $300 a year	7 days of video history, unlimited caregivers

The Nanit Pro camera itself is usually sold in bundles with a stand or mount. Nanit's own store listed the camera with the Flex Stand at $249.00, and bundles with the Wall Mount or Floor Stand cost more. Sales are frequent, so look at the bundle you want on nanit.com for today's price.

Owlet

Item or plan	Price (as of November 2026)	What it adds
Dream Sock	$299.99 list (sales often lower)	Sock, sensor and base station; app free
Owlet360	$9.99 a month after a 7-day free trial, or a yearly plan at $99.99	Extra health and sleep insights in the app
Owlet One membership	An up-front enrollment fee plus a monthly fee, with a minimum commitment	A Dream Sock and a Dream Sight camera, yours to keep

GOOD TO KNOW

No plan required for the basics

Owlet says the Dream Sock's app is free with no subscription required for its core readings and notifications. Owlet360 is an optional extra. Nanit cameras show live video, and the plans add history, sleep reports and more caregivers. Check each plan page for the current list.

Local monitors

Local video monitors from VTech and others usually cost less than a Wi-Fi camera and have **no monthly fee at all**. Prices vary by screen size and number of cameras, so compare at the store.

HEADS UP

Free trials that turn into charges

Many plans start with a free trial and then renew automatically. Write the trial end date in the cheat-sheet (Chapter 27) and decide before it ends. Canceling usually stops the next charge, not the current one.

WHAT THIS DOES FOR YOU

What this does for you

Counting the yearly plan alongside the box price tells you what a monitor really costs over the year or two you'll use it — and helps you avoid paying for months you didn't plan on.

CHAPTER 8

Questions to Ask Before You Buy (or Accept a Hand-Me-Down)

A few minutes with these questions saves a lot of returns. They also help when a relative offers you their old monitor.

1. **Do I need to watch from outside the house?** If not, a local monitor may be all you need.
2. **Who else needs to see it?** Grandparents in another town, a sitter, both parents on different phones? That points to Wi-Fi, and to a plan with enough caregiver spots.
3. **How good is the Wi-Fi in the nursery?** A Wi-Fi camera needs a strong, steady signal in the baby's room. The Owlet Dream Sock works only on 2.4 GHz Wi-Fi (Chapter 16).
4. **Where will the camera go?** You need a spot at least three feet from the crib for any cord (Chapter 10), or a mount designed for over-the-crib use.
5. **What will it cost per year?** Box price plus any plan you'll want.
6. **Is it still supported?** Check that the maker still offers the app and sends updates.
7. **Has it been recalled?** Search the model name at **cpsc.gov** (see below).

HEADS UP

Check a used monitor for recalls

The CPSC has recalled corded baby monitors in the past because of strangulation deaths. Before using a hand-me-down, look up the brand and model on the CPSC's recall website, and follow any repair or new-label instructions.

TIP

A used Wi-Fi camera needs a fresh start

If someone gives you their Wi-Fi monitor, ask them to remove it from their account first, then do a factory reset before you set it up. Otherwise it may still be connected to their app (Chapter 23).

WHAT THIS DOES FOR YOU

What this does for you

These questions match the monitor to your home, your Wi-Fi and your family, so it works the first night instead of the third try.

PART 3

Placement & Cord Safety

Where the camera goes, why every cord stays at least three feet from the crib, and how mounts and stands help you get a good view safely. Please read this part even if you skip everything else.

CHAPTER 9

Where to Put the Camera

Good placement does two jobs: it keeps the baby safe from the monitor, and it gives you a clear view. Safety always wins when the two disagree.

The safe spot, step by step

1. Stand at the crib and look for a spot **at least three feet away** from every side of the crib, bassinet or play yard. That's about the width of a crib plus six inches.
2. Make sure the spot is **out of reach** of the baby now and of the toddler the baby will soon become. Babies learn to stand, lean and grab faster than anyone expects.
3. Find an **outlet** near that spot so the cord doesn't have to cross toward the crib.
4. Point the camera so it sees the **whole sleep space**. A view from slightly above works best.
5. Check the view in the app or on the parent unit, with the room lights off.

Good spots and bad spots

Good	Not good
A dresser or shelf at least 3 feet from the crib	On the crib rail or inside the crib
A wall mount made for baby cameras, with a cord cover	Taped to the crib or the wall behind it
A floor stand made by the monitor maker	A wobbly lamp table the baby could pull
Facing the crib, away from a bright window	Pointed into a window or a bright night-light

STAY SAFE

Never in or on the crib

The CPSC and the Juvenile Products Manufacturers Association (JPMA) advise never putting a monitor inside the crib or on its edge, and keeping its cord at least three feet from any part of the crib, bassinet or play yard.

TIP

Night-lights and the picture

A bright light shining into the lens can wash out the night picture. A dim light behind or beside the camera usually works fine.

WHAT THIS DOES FOR YOU

What this does for you

Five minutes choosing the spot once means a clear picture every night, and one less thing to worry about as the baby grows.

CHAPTER 10

Cords: The Three-Foot Rule

This chapter is short, and it may be the most important one in this guide. Baby monitor cords have caused deaths. The fix is simple and it's free: keep cords far away.

What the CPSC says

After two strangulation deaths linked to corded video monitors, the CPSC announced a large recall of Summer Infant video monitors in 2011, with new labels and instructions about keeping cords away from the crib. In 2012 the CPSC and the JPMA started a joint campaign about monitor cords. They reported that seven infants and toddlers had been strangled by baby monitor cords since 2002, aged from about 6 to 20 months.

The rule, in plain words

- Every monitor cord stays **at least three feet** from any part of the crib, bassinet or play yard.
- The CPSC explains three feet as about three large adult feet, or the width of a crib plus six inches.
- Never put the monitor, camera or base station **in the crib or on its rail**.
- Re-check every time you move the crib, rearrange the room, or the baby starts to stand.

Other cords count too

The same common sense applies to anything with a cord near a sleeping baby: the wearable's base station, a sound machine, a night-light, a phone charger, and window-blind cords. If a baby can reach it from the crib, move it.

STAY SAFE

Wearable base stations too

A wearable's base station has a power cord like any camera. Treat it the same way: at least three feet from the crib and out of the child's reach. Owlet also says the best spot for its Base Station may not be the baby's room at all, but somewhere you'll see and hear it (Chapter 16).

HEADS UP

Mounts made for the crib area

Some makers, Nanit among them, sell wall mounts and floor stands designed to hold the camera above the crib, with a way to cover or route the cord. If you use a mount like this, install it exactly as the instructions say, check its safety notes, and never leave any loose cord where the baby could reach it.

WHAT THIS DOES FOR YOU

What this does for you

One quick look along every cord in the nursery removes one of the few real dangers a baby monitor brings with it. It takes a minute and costs nothing.

CHAPTER 11

Mounts, Stands & Getting a Good View

A camera sitting on a dresser works fine for many families. Some cameras, though, need a specific view for their extra features, and there are safe ways to get it.

Nanit's mounts

Mount	What it's for
Wall Mount	Holds the camera overhead, looking down into the crib, with a cord cover. Needed for Nanit's full sleep tracking. Listed at $100 as of November 2026.
Floor Stand	Stands behind the crib and looks down from above, with no drilling. Also works with sleep tracking. Listed at $100 as of November 2026.
Flex Stand	A small portable stand for travel or a shelf. Listed at $49.00 as of November 2026. Nanit says sleep tracking needs the Wall Mount or Floor Stand, so it does **not** work on the Flex Stand.

Mounting tips for any camera

1. Read the mount's instructions all the way through before drilling.
2. Find a wall stud or use the anchors that came in the box. A falling camera is a hazard.
3. Route the cord **away from the crib** to the nearest outlet. Use the maker's cord cover if one is provided.
4. Check the view from the app or parent unit before you tidy up.
5. Every few months, check that the mount is still tight and the cord is still covered and out of reach.

TIP

Renters and grandparents

If you can't drill, a maker's floor stand, or a sturdy dresser at least three feet from the crib, works well. At Grandma's house for a weekend, a shelf across the room is usually the easiest safe spot.

GOOD TO KNOW

Ask for a hand

Mounting a camera on a wall and running the cord safely is a common job I do on home visits. See Chapter 26 if you'd rather not climb a ladder.

WHAT THIS DOES FOR YOU

What this does for you

The right mount gives you a clear view and the full set of features you paid for, while keeping the camera and its cord safely out of the baby's world.

PART 4

Nanit

Setting up a Nanit camera, choosing among its plans, and an honest look at Nanit's breathing-motion wear.

CHAPTER 12

Setting Up a Nanit Camera

Nanit is a Wi-Fi camera that usually looks down on the crib from above. You watch it in the Nanit app on your phone. Setup takes about fifteen minutes once the mount or stand is in place.

Before you start

- Your **Wi-Fi name and password**, written down.
- Your phone, charged, with Wi-Fi and Bluetooth turned on.
- Good Wi-Fi in the nursery. Stand by the crib with your phone: if videos play smoothly there, the camera will usually be fine. If not, a Wi-Fi extender or mesh point nearby helps.
- The mount or stand installed safely (Chapters 10 and 11).

Setting it up

1. Download the **Nanit** app from the App Store or Google Play.
2. Open it and create your account with your email and a strong password (Chapter 21).
3. Plug in the camera and attach it to its mount or stand.
4. Follow the app's steps to pair the camera. Keep your phone close to the camera.
5. Choose your home Wi-Fi and type the password carefully.
6. When the live picture appears, check the view with the lights off.
7. Turn on **two-step verification** if the app asks (Chapter 21).

GOOD TO KNOW

Which Wi-Fi band?

Many homes have two Wi-Fi bands, 2.4 GHz and 5 GHz, sometimes under one name. The 2.4 GHz band reaches farther through walls. If setup keeps failing, check Nanit's help center for which bands your camera model supports, and try connecting your phone to the 2.4 GHz network first.

TIP

Blurry or choppy video?

Check your internet speed on a phone standing in the nursery. If it's slow there, move the router or add an extender, and look in the camera's settings in the app for a lower video-quality option, which gives a steadier picture.

STAY SAFE

A camera is a helper, not a sitter

However clear the picture, a Nanit doesn't replace a grown-up nearby, and it hasn't been shown to prevent SIDS. Keep following the safe-sleep basics in Chapter 3.

WHAT THIS DOES FOR YOU

What this does for you

Once it's set up, a glance at your phone tells you whether the baby is asleep or stirring, without opening the nursery door and risking a wake-up.

CHAPTER 13

Nanit Plans: Sleep, Memories & Milestones

Nanit's paid plans are called the **Insights** plans. In November 2026 Nanit's membership page lists three tiers. You don't have to decide on day one: new cameras come with an introductory trial.

Plan	Price (as of November 2026)	Highlights
Sleep	Introductory trial; Nanit's pages list different prices, so check the app	Sleep tracking basics; up to 2 caregivers
Memories	$10 a month or $120 a year	2 days of continuous video history, up to 10 caregivers, saved Memories
Milestones	$25 a month or $300 a year	7 days of continuous video history, unlimited caregivers, everything in Memories

How to choose

- **Only want live video?** Start with what comes with the camera and see whether you miss anything.
- **Grandparents and a sitter need access?** Count caregivers. Sleep lists up to 2, Memories up to 10, Milestones unlimited (Chapter 19).
- **Want to look back at the night?** Video history starts with Memories.
- **Want everything?** That's Milestones, at three times the yearly cost of Memories.

GOOD TO KNOW

Caregiver limits on the cheaper plans

Nanit's pages haven't always agreed on exact limits, and some parents have found they had to remove one relative to add a sitter. If you'll be sharing with several people, check the caregiver count on Nanit's membership page before you pick a plan.

HEADS UP

Trials renew

Write down when your trial ends. If you don't want a paid plan, cancel before that date. If you paid through the App Store or Google Play, you cancel there.

WHAT THIS DOES FOR YOU

What this does for you

Knowing what each tier adds keeps you from paying $300 a year for features you'll never open — or from missing the one feature, like an extra caregiver spot for Grandpa, that you actually wanted.

CHAPTER 14

Nanit Breathing Wear: What It Is & Isn't

Nanit sells swaddles, bands and sleeping bags with a printed pattern. The camera watches the pattern rise and fall and shows **breathing motion** in the app, with an alert if it can't see motion. It helps to be very clear about what this is and isn't.

What to keep in mind

- Treat Breathing Wear as a **comfort feature**, not a medical device. Unlike the Owlet Dream Sock (Chapter 15), it isn't sold to you as an FDA-cleared product. Read the safety notes that come with it.
- It does not diagnose, treat or prevent anything, and **no monitor has been shown to prevent SIDS**.
- Every motion monitor can give **false alarms**, and it can miss things too.
- It is meant for families with **healthy** babies. A baby with a medical condition needs the plan their doctor gives you, not a consumer gadget.

Using it the way Nanit intends

1. Use only the size that fits the baby now, following the label.
2. Keep the printed pattern **facing up and in the camera's view**.
3. Never cover the wear with bedding. A bare crib means no blanket on top, anyway (Chapter 3).
4. Keep the camera in its overhead mount or floor stand so it can see the pattern.

STAY SAFE

Not a substitute for safe sleep or supervision

Breathing-motion alerts are a convenience, not protection. No monitor has been shown to prevent SIDS. If you're worried about your baby's breathing or health, talk with your baby's doctor. In an emergency, call 911.

WHAT THIS DOES FOR YOU

What this does for you

Understanding exactly what the wear does lets you decide calmly whether it's worth it for your family, without being sold on a promise no monitor can keep.

PART 5

Owlet

The Owlet Dream Sock, what its FDA clearance does and doesn't mean, and how to set up the sock, its Base Station and the optional Owlet360 plan.

CHAPTER 15

The Owlet Dream Sock & What FDA Clearance Means

The **Owlet Dream Sock** is a soft fabric sock with a small sensor that wraps around the baby's foot. It reads the baby's **pulse rate** (heartbeat) and **oxygen level**, sends them to the Owlet Dream app, and uses a **Base Station** that lights up and sounds an alarm if the readings leave preset ranges. It is the monitor people most often ask about, and the one with the most confusing history, so let's take it slowly.

The FDA clearance, in plain words

- On **November 9, 2023**, the U.S. Food and Drug Administration (FDA) granted the Dream Sock what is called a **De Novo** clearance. That's a route for a new kind of medical device that has no older product to compare it to.
- Owlet describes it as the first over-the-counter (no prescription needed) medical-grade pulse oximeter cleared for infants. A **pulse oximeter** is a sensor that reads pulse and oxygen through the skin, like the clip a nurse puts on your finger.
- The clearance covers **healthy infants** aged **1 to 18 months** who weigh **6 to 30 pounds**.
- What's cleared is the display of pulse rate and oxygen level, and the **notifications** (lights and sounds) when readings fall outside the preset ranges.

What the clearance does not mean

- It does **not** mean the Dream Sock prevents SIDS. No monitor has been shown to prevent SIDS.
- It does **not** mean the sock can diagnose or treat any illness.
- It is **not** meant for babies with known heart or breathing conditions. Those families need the plan their baby's doctor gives them.
- It does **not** replace the safe-sleep basics in Chapter 3, or a grown-up nearby.

STAY SAFE

The AAP's view still applies

The American Academy of Pediatrics says home heart-and-breathing monitors should not be used as a way to lower the risk of SIDS, and that families who choose to use a wearable should still follow every safe-sleep recommendation. An FDA clearance tells you a device measures what it says it measures. It doesn't change that advice.

A little history, so the headlines make sense

If a relative tells you "the FDA made Owlet stop selling the sock," they're remembering 2021. That year Owlet stopped selling its earlier **Smart Sock** in the United States after an FDA warning letter about the sock's heart-rate and oxygen notifications. Owlet then sought clearance, first for a prescription version called **BabySat**, and then for the over-the-counter Dream Sock in 2023. So both things are true: the old sock was pulled, and the current one is cleared for specific uses.

GOOD TO KNOW

This guide is not medical advice

Questions about your baby's heart, breathing or oxygen, or about whether a monitor makes sense for your baby, belong with your baby's doctor. If a baby ever seems to be struggling to breathe, is limp, or is turning blue or gray, call 911 right away.

WHAT THIS DOES FOR YOU

What this does for you

When someone says a monitor is "FDA approved" or "saves lives," you'll know exactly what that claim covers and what it doesn't, and you can decide calmly, without fear or a sales pitch doing the deciding.

CHAPTER 16

Setting Up the Dream Sock & Owlet360

Setting up the Dream Sock takes about twenty minutes the first time. Do it in daylight, with the baby awake and happy or someone else holding them, not at bedtime.

Before you start

- Your **Wi-Fi name and password**. The Dream Sock works only on **2.4 GHz** Wi-Fi. If your router shows two networks, write down the 2.4 GHz one.
- Your phone on that same **2.4 GHz** network during setup. Afterward, the phone can go back to 5 GHz; the sock stays on 2.4 GHz.
- A spot **within about 10 feet of your router** to do the setup.
- A wall outlet for the Base Station. Owlet doesn't recommend power strips or extension cables.

Setting it up

1. Download the **Owlet Dream** app from the App Store or Google Play.
2. Create an account with an email and a strong password (Chapter 21).
3. Plug the Base Station in with the cable that came in the box.
4. Follow the app's steps to connect the Base Station to your 2.4 GHz Wi-Fi.
5. Pair the sensor when the app asks. If pairing fails, the app's help screen walks you through it.
6. Put the sock on the baby exactly as the pictures in the app show, choosing the size that fits now.
7. Wait for the first readings to appear in the app before you rely on it that night.

Where the Base Station goes

The Base Station's whole job is to get a grown-up's attention. Owlet says its best place may **not** be the baby's room; it should be where you'll see and hear it, and where it can wake you if it sounds. For many families that's the parents' bedroom. Wherever it goes, keep it and its cord well away from the crib (Chapter 10).

Owlet360 and the Dream Sight camera

Piece	What to know
The sock itself	Owlet says live readings, sleep history and Health Notifications in the app come with the sock at no extra cost.
Owlet360	An optional plan with extra insights in the app: $9.99 a month after a 7-day free trial, or $99.99 a year, as of November 2026. Owlet lists the yearly plan as U.S.-only and non-refundable.
Dream Sight	Owlet's Wi-Fi video camera, which shows in the same app. Sold alone or with the sock as a bundle.

HEADS UP

Read the yearly plan terms

Because the yearly Owlet360 plan is listed as non-refundable, try the monthly plan or the free trial first if you're not sure you'll use it.

STAY SAFE

Readings are not a reason to relax

Even with the sock on, every safe-sleep rule still applies: on the back, firm flat surface, bare crib, your room but not your bed. The sock can give false alarms and can miss things. It doesn't replace supervision, and no monitor has been shown to prevent SIDS.

TIP

Batteries and charging

The sensor runs on a rechargeable battery. Make charging part of the daytime routine so it's ready at bedtime, and turn up your phone's volume for the Owlet app.

WHAT THIS DOES FOR YOU

What this does for you

A careful first setup, with the Base Station where you'll actually hear it, means the sock works the way it's meant to from the first night, instead of beeping in an empty room.

PART 6

VTech & Other Local Monitors

The no-internet, no-app, no-subscription kind: setting one up, getting a clear signal, and what to do when the screen says it has lost the camera.

CHAPTER 17

Setting Up a Local Monitor

A local monitor, like most VTech video and audio monitors, is the simplest kind there is. The camera (VTech calls it the **baby unit**) talks by radio straight to the **parent unit**, the small screen or speaker you carry. No Wi-Fi, no phone, no account, no password to forget. That makes it a favorite at grandparents' houses.

Out of the box

1. Charge the **parent unit** fully before first use. The manual in the box says how long.
2. Choose the camera's spot first: **at least three feet from the crib**, out of reach, with an outlet nearby so the cord never runs toward the crib (Chapters 9 and 10).
3. Plug in the **baby unit** and turn it on.
4. Turn on the parent unit. Most come already paired, so the picture or sound appears within a minute.
5. Check the view with the room lights off. The picture turns black and white in the dark; that's the night vision.
6. Set the **volume** and the **sound sensitivity** on the parent unit so you'll hear a cry but not every rustle.
7. Walk around the house and yard with the parent unit to learn where the signal reaches.

Features you'll find on many models

Feature	What it does
Sound lights	A row of lights that shows how loud the baby is, even with the volume down.
Talk button	Hold it down and speak; the baby hears you through the baby unit.
Lullabies or soothing sounds	Played from the baby unit, often with a timer.
Temperature reading	Some baby units show the room temperature on the parent unit.
Extra cameras	Many parent units can show more than one baby unit, for a second child's room.
Out-of-range warning	A message or beep when the parent unit loses the camera (Chapter 18).

TIP

Keep the paper manual

Button names and menus differ from one VTech model to the next. Tape the quick-start card inside a kitchen cabinet door, or look up your model number on VTech's support site, where the user's manuals are posted.

GOOD TO KNOW

Some monitors with a parent unit use Wi-Fi too

Some monitors, from VTech and other brands, add a phone app over Wi-Fi alongside the parent unit. Those need an account and a password like any Wi-Fi camera, so the security advice in Chapter 21 applies. Check the box for the words "Wi-Fi" or "app".

STAY SAFE

Simple doesn't mean it watches the baby for you

A local monitor is a helper for a grown-up nearby. It doesn't replace supervision, and no monitor has been shown to prevent SIDS.

WHAT THIS DOES FOR YOU

What this does for you

Two plugs and you're done. Anyone, including a sitter or a great-grandparent, can pick up the parent unit and use it with no app, no login and no monthly bill.

CHAPTER 18

Range, Interference & Re-Pairing

Local monitors are reliable, but radio has limits. Walls, distance and other wireless gadgets can all get in the way. Here's what the warning messages mean and how to clear them.

"Waiting for linking" or "No link to camera"

VTech parent units show a message like **Waiting for linking...** or **No link to Camera** when the baby unit is out of range or the link has dropped. Work through these in order:

1. Walk the parent unit **closer** to the baby's room. VTech says to keep the two units at least **three feet** apart, though, even when testing.
2. Check that the baby unit is plugged in and its light is on.
3. Unplug **both** the parent unit and the baby unit, wait about **15 seconds**, plug them back in and give them up to a minute to find each other.
4. If that doesn't work, **pair them again** from the parent unit's menu. The menu has a pair-camera option; you choose a camera slot, then press the buttons on the baby unit that your model's manual names until its light changes.

Interference from Wi-Fi and other gadgets

Many local monitors use the same radio band as Wi-Fi. VTech suggests keeping both the parent unit and the baby unit about **three feet away** from Wi-Fi routers, laptops, phones and other wireless devices. Walls, large metal objects such as a refrigerator or filing cabinet, and other Wi-Fi gadgets can weaken the link.

Getting the most range

- Put the baby unit up on a dresser or shelf (still three feet from the crib), not on the floor.
- Keep the parent unit out of drawers and away from the microwave while it runs.
- If one room always drops out, try the parent unit in a different spot in that room.
- A low battery can shorten range. Keep the parent unit charging when you're sitting still.

HEADS UP

Silence isn't always good news

If the parent unit goes quiet, glance at the screen. An out-of-range or low-battery warning means you are not hearing the baby at all. When in doubt, go and look.

WHAT THIS DOES FOR YOU

What this does for you

Most "broken" local monitors just need to be moved, power-cycled or paired again. Knowing the order to try things saves a trip to the store and a sleepless night.

PART 7

Sharing & Security

Letting grandparents and sitters watch, taking that access back, and keeping a camera in the nursery private with good passwords, two-step verification and updates.

CHAPTER 19

Sharing With Grandparents & Sitters

One of the nicest things a Wi-Fi monitor can do is let Grandma peek at a napping baby from across town. The rule for doing it safely is simple: **give each person their own access**, never your own password, so you can take it back later without changing everything.

Nanit: add a team member

Nanit calls the people who can see your camera the baby's **team**. The account owner and any admin can invite others.

1. Open the **Nanit** app and tap the **side menu**.
2. Open your baby's settings and tap **Add a team member**.
3. Type the person's **email**, **name** and **relationship** to the baby, and send.
4. They'll get an invitation email within a few minutes. If they don't have a Nanit account, the link asks them to create one with their own password.
5. Check their access level in the team list: **admin** (full access to every feature) or **Viewer** (limited: for example, they can't change camera settings or look at video history).

TIP

A good setting for sitters

For a Viewer, Nanit lets you choose whether access is **Enabled**, **Local WiFi-Only** or **Disabled**. Local WiFi-Only means the sitter can watch while they're in your house, on your Wi-Fi, but not from home afterward.

HEADS UP

Count your caregiver spots

Each Nanit plan allows a certain number of caregivers (Chapter 13). If you're out of spots, you may have to remove someone before adding a new sitter.

Owlet: one shared account

Owlet's approach is different. Owlet recommends creating **one account** for the baby that each caregiver signs into on their own phone. That means everyone shares one password, so choose who gets it carefully, and change it if someone should no longer have access (Chapter 20).

Local monitors: hand over the parent unit

With a VTech or other local monitor, sharing is as easy as handing the sitter the parent unit and showing them the volume and talk buttons. There's nothing to invite and nothing to take back.

A note to leave for the sitter or grandparent

- Baby sleeps **on the back**, in a **bare crib**: no blankets, pillows, bumpers or toys.
- Never put the baby to sleep on a couch, armchair or adult bed.
- The monitor is a helper. **Check on the baby in person**; don't rely on the screen.
- Keep the monitor and every cord **away from the crib**. Don't move the camera closer for a better view.
- If the baby seems to be in trouble, **call 911 first**, then the parents.
- The parents' phone numbers and the baby's doctor's number.

STAY SAFE

Grandparents: safe sleep has changed

Safe to Sleep, the National Institutes of Health campaign, publishes a booklet called **Safe Sleep for Your Grandbaby**. It recommends room sharing without bed sharing, with the baby's own sleep space near, but not in, the adult bed. It's well worth a read before the grandbaby stays over.

WHAT THIS DOES FOR YOU

What this does for you

Family near and far can share in the baby's day, and you stay in charge of who sees the nursery and for how long.

CHAPTER 20

Taking Access Back

Sitters change, a nanny moves on, a phone is lost. Removing someone's access is quick and causes no hard feelings, because they simply stop seeing the camera.

Nanit

1. Open the **side menu** and go to your baby's settings.
2. Tap the team member's name.
3. Tap **Remove camera access**.
4. If they never accepted the invite, cancel the **pending invite** instead. Only the person who sent an invite can revoke it.

Owlet

Because Owlet caregivers share one account, the way to take access back is to **change the account's password** in the app, then sign in again on the phones that should keep access.

Local monitors

Take the parent unit back. That's all.

TIP

Make it a habit

Every few months, open the list of people who can see your camera and remove anyone who no longer needs it. Write the date in your cheat-sheet (Chapter 27).

WHAT THIS DOES FOR YOU

What this does for you

A one-minute tidy-up means only the people you choose today can see into your baby's room.

CHAPTER 21

Passwords, Two-Step Verification & Updates

A Wi-Fi camera in the nursery deserves the same care as your bank account. Three habits do most of the work.

1. A strong, unique password

Use a password for the monitor app that you don't use anywhere else: a short sentence of four or five unrelated words works well and is easy to remember. If someone learns a password you reused on a shopping site, they can't use it to reach your camera.

2. Two-step verification

Two-step verification means that signing in on a new phone needs your password *and* a code texted to your phone. Even if someone guesses the password, they can't get in without your phone.

1. In the **Nanit** app, open the **side menu** and then **Settings**.
2. Tap **Account security**.
3. Turn on two-step verification and enter your mobile number.
4. Type in the code that arrives by text.

> GOOD TO KNOW
>
> **It may already be on**
>
> Nanit has said it is moving to make two-step verification required, so on many accounts you may find it already on and impossible to switch off. That's a good thing. For Owlet and other brands, look in the app's account or security settings for the same feature.

3. Keep everything updated

- Let the monitor **app** update from the App Store or Google Play.
- Accept **camera firmware updates** when the app offers them. They fix problems and close security holes.
- Keep your **phone's** own software up to date.
- If a maker stops sending updates for your model, it's time to think about replacing it.

SCAM ALERT

"Your baby camera has been hacked"

An email, text or pop-up says your monitor has been hacked and gives a number to call or a link to click. Don't. Real monitor companies don't contact you that way. Open the app yourself, change your password and check the team list.

WHAT THIS DOES FOR YOU

What this does for you

These three habits make it very hard for a stranger to see or hear your baby, and they take about ten minutes, once.

CHAPTER 22

Your Home Wi-Fi & the Monitor

A Wi-Fi monitor is only as private as the home network it's on. A few router settings protect the monitor and everything else in the house.

- **Change the router's admin password** from the one printed on it, and use a different password for the Wi-Fi itself. The FTC recommends both.
- **Use WPA3 or WPA2** security for your Wi-Fi. The FTC calls WPA3 the newest and best, says WPA2 still works, and calls the older WPA and WEP out of date.
- **Keep the router updated.** If it no longer gets updates, the FTC suggests replacing it.
- **Turn off remote management** and **WPS** on the router if you don't use them. CISA, the federal cybersecurity agency, recommends this.

TIP

A separate network for gadgets

CISA suggests putting smart gadgets that only need the internet on a **guest network**, away from your computers. Most monitors work fine this way, but you'll then need to be on that same network during setup, and some features such as Nanit's Local WiFi-Only viewer access depend on everyone being on the same network.

GOOD TO KNOW

More in a companion guide

Bill's guide "Securing Your Home Network" walks through each of these router settings, brand by brand.

WHAT THIS DOES FOR YOU

What this does for you

A locked-down router protects the baby camera, the doorbell, the laptops and the phones, all at once.

CHAPTER 23

Hand-Me-Downs, Selling & Factory Resets

Baby gear gets passed around the family, and that's wonderful. A Wi-Fi monitor needs one extra step so it doesn't stay tied to the old owner's account.

Giving or selling your Wi-Fi monitor

1. In the app, **remove the camera or device** from your account. Look in the device's settings for a remove or delete option.
2. Remove any team members or shared phones.
3. **Factory reset** the camera, following the maker's help page for your model. This usually means holding a small button for several seconds.
4. Cancel any plan tied to that device, if you won't use it with a new one.
5. Hand it over with its mount, cord cover and instructions.

Receiving a used monitor

1. Check the model for **recalls** at cpsc.gov (Chapter 8).
2. Ask the old owner to remove it from their account first.
3. Factory reset it yourself, then set it up as new in your own account.
4. Install the latest firmware update before first use.
5. Wash or replace any wearable fabric, and buy a new sock or band if the old one is worn or the wrong size.

HEADS UP

Local monitors are easier

A VTech-style local monitor has no account to clear. Check it for recalls, make sure every cord is intact, and you're ready.

WHAT THIS DOES FOR YOU

What this does for you

A clean reset means the camera answers to you alone, and the family that had it before isn't still watching your nursery by accident.

PART 8

Troubleshooting, Help & Your Cheat-Sheet

What to do when the monitor goes offline or the alerts misbehave, the scams to watch for, an honest word about when a hand is worth it, and a one-page summary.

CHAPTER 24

When the Monitor Goes Offline or Alerts Misbehave

First, the rule that comes before every fix: **if you're not sure the baby is all right, go and look.** Troubleshoot the gadget afterward. Then work through these in order.

"The camera says offline" (Wi-Fi monitors)

1. Check that your **home internet** is working: can your phone load a web page on Wi-Fi?
2. Check that the camera is **plugged in** and its light is on. Someone may have unplugged it.
3. Unplug the camera for about 30 seconds, then plug it back in.
4. If the whole house lost internet, restart the router and wait a few minutes.
5. Did you recently **change the Wi-Fi name or password** or get a new router? The camera needs to be connected to the new network. Look in the app's camera settings for a Wi-Fi or network option, or set it up again.
6. Make sure the app is up to date, then close it and open it again.

"I'm not getting notifications"

- Check the phone isn't on **silent**, **Do Not Disturb** or a Focus mode.
- In the phone's settings, check that **notifications are allowed** for the monitor app.
- In the monitor app, check the sound and motion alert settings for that camera.
- Check that the phone has internet, on Wi-Fi or cell data.

"Too many alerts"

- Turn the **sound or motion sensitivity** down a notch in the app or on the parent unit.
- Move a fan, sound machine or curtain that the camera keeps noticing.
- For a wearable, check the fit and placement using the pictures in the maker's app. A loose sock is a common cause of false alerts.

"The picture is dark, blurry or choppy"

- Wipe the lens gently with a soft, dry cloth.
- Turn off a bright night-light that faces the camera.
- Check the Wi-Fi in the nursery, and add an extender if it's weak (Chapter 12).

STAY SAFE

If an alarm sounds

Go to the baby right away. Don't stop to check the app first. If the baby seems to be in trouble, call 911. Afterward, tell your baby's doctor about any alarm that worries you.

WHAT THIS DOES FOR YOU

What this does for you

A calm checklist instead of a frantic search, and most of the time the fix is in the first three steps.

CHAPTER 25

Scams & Safety Around Baby Monitors

New parents and grandparents are busy and tired, and scammers know it. Here are the tricks that show up around baby monitors.

SCAM ALERT

Fake "subscription failed" emails

An email says your Nanit, Owlet or other plan "failed to renew" and asks you to click a link to update your card. Don't click. Open the app yourself, or type the company's address into your browser, and check your plan there.

SCAM ALERT

Fake support numbers in search results

Searching for "baby monitor help" can turn up ads for "support" lines that charge for useless repairs or ask to take control of your computer. Use the help pages inside the official app or on the maker's own website.

SCAM ALERT

Too-good-to-be-true deals

Social media ads for a "Nanit" or "Owlet" at a tiny fraction of the price are often fake shops. Buy from the maker or a store you know.

SCAM ALERT

"Remote access" requests

Nobody needs to take over your computer to fix a baby monitor. If a caller asks you to install a program, hang up.

Claims to be careful of

Be wary of any monitor, sleep product or ad that promises to **prevent SIDS**, "keep your baby safe" on its own, or let you skip checking on the baby. No monitor has been shown to prevent SIDS, and a monitor never replaces supervision or the safe-sleep basics in Chapter 3.

STAY SAFE

Check for recalls

Look up any monitor, especially a used one, at cpsc.gov before you use it, and sign up there for recall emails if you like.

WHAT THIS DOES FOR YOU

What this does for you

Knowing the common tricks keeps your money, your accounts and your baby's camera out of the wrong hands.

CHAPTER 26

When to Call Bill

Most of what's in this guide you can do yourself, at your own pace. But part of being helpful is being honest about when a hand saves you time and worry. Here's my straight advice, with no pressure.

Times it's well worth a call

- **Mounting a camera** on the wall or a stand, with the cord routed safely away from the crib.
- **The Wi-Fi won't reach the nursery**, or the camera keeps dropping offline.
- **Setting up sharing** for grandparents and sitters, with the right access for each.
- **Securing the account and the router**: passwords, two-step verification and updates, done together.
- **A hand-me-down monitor** that's still tied to someone else's account.
- **Choosing between Wi-Fi and local**, or deciding whether a plan is worth the money, with no sales pitch.

One thing I won't do is give medical advice. Questions about your baby's health, breathing or sleep belong with your baby's doctor. I'm glad to help with the technology.

What working with me is like

I work at your pace, explain what I'm doing in plain words, and never talk down to anyone. I'll tell you honestly when something isn't worth your money, and I don't sell monitors or subscriptions. I've been doing this kind of work for more than 30 years, and I serve Portage County, Ohio, in person, and folks farther away by remote help.

FROM BILL

How to reach me

Call **(330) 200-8042** or book a time at **billshometech.com/book**. My help is **$49 remote · $99 in your home**. This guide is yours to keep for free; if you'd like a hand, I'm only a phone call away.

GOOD TO KNOW

You may meet Sophie first

When you call or visit billshometech.com, you might be greeted by **Sophie**, my AI receptionist. She can answer quick questions and help you book a time. A real person — me — does the actual help.

Congratulations on the little one in your life. Take it one step at a time, and remember: the best baby monitor is still a loving grown-up close by.

— Bill

CHAPTER 27

Your Baby Monitor Cheat-Sheet

Keep this on the fridge or by the nursery door. The whole guide, boiled down.

The essentials

Topic	Remember
Safe sleep, every sleep	On the back, firm flat surface, bare crib, your room but not your bed.
The monitor's job	A helper only. It doesn't replace supervision, and no monitor has been shown to prevent SIDS.
Cords	Every cord at least 3 feet from the crib. Nothing in or on the crib.
Wi-Fi or local	Wi-Fi: watch anywhere, app and account. Local: parent unit, no internet, no fee.
Nanit	Nanit app. Plans: Memories $10/mo or $120/yr; Milestones $25/mo or $300/yr.
Owlet Dream Sock	FDA-cleared readings and notifications for healthy infants 1–18 months. 2.4 GHz Wi-Fi only. Owlet360 optional, $9.99/mo.
VTech (local)	"Waiting for linking": move closer, unplug both 15 seconds, then re-pair.
Sharing	Nanit: Add a team member. Owlet: one shared account. Local: hand over the parent unit.
Security	Unique password, two-step verification, updates on.
Emergency	Go to the baby. Call 911. Don't stop to check the app.

Write it down once

Keep handy	
Monitor brand & model	_____
App account email	_____
Wi-Fi network it uses (2.4 GHz?)	_____
People who have access	_____
Plan & renewal or trial end date	_____
Date I last checked the access list	_____
Baby's doctor's phone number	_____

When something's wrong, in order

1. Not sure the baby is all right? Go and look first.
2. Is the camera or baby unit plugged in, with its light on?
3. Is the home internet working? (Wi-Fi monitors.)
4. Is the phone on silent or Do Not Disturb?
5. Unplug the camera for 30 seconds and plug it back in.
6. Local monitor: move closer, power-cycle both units, re-pair.
7. Still stuck? Call Bill at (330) 200-8042.

STAY SAFE

In an emergency

If a baby is not breathing, is limp, or is turning blue or gray, call 911 right away.