onaroo
by american innovative

# Instructions

Model No. PBA101-US

www.onaroo.com

Note: Due to production changes and improvements, actual product may vary slightly from images shown in manual and/or on packaging. Actual screens may also differ due to firmware/feature updates.

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**Batteries**
Requires 2 AA alkaline batteries, not included.



## IMPORTANT NOTICE

The Personal Baby Assistant (PBA) is intended to assist parents with recording information about their baby including feedings, diaper changes, sleep, medicine, body temperature, and growth. It is not intended to provide advice or guidelines on caring for babies.

Data should be regularly uploaded to the PBA Online website using the provided uploader utility which is available for Windows platforms XP and newer. This will save a copy of the data to the local PC and make it viewable online. American Innovative is not responsible for data loss due to malfunction, damage, or loss of the PBA.

The PBA is not a toy. Do not give to children, and do not place inside the crib.

## INSTRUCTION MANUAL

Please read this instruction manual before using the PBA, and save it for future reference.

Figures are numbered and are refered to in the text in parentheses: (1).

Names of specific screens on the PBA are shown in bold: **PBA Home** screen.

Items on the PBA screen that can be selected or buttons that can be pressed are shown in brackets: [SELECT].



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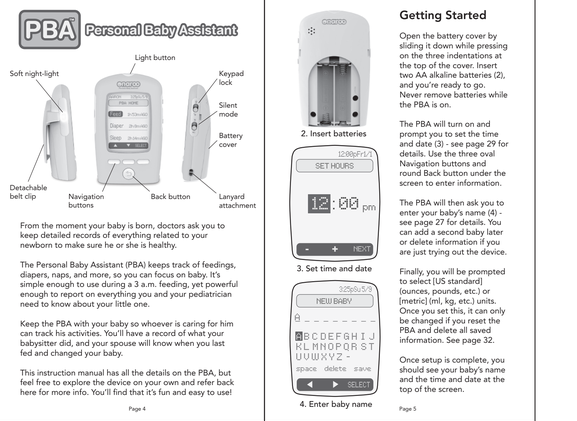


From the moment your baby is born, doctors ask you to keep detailed records of everything related to your newborn to make sure he or she is healthy.

The Personal Baby Assistant (PBA) keeps track of feedings, diapers, naps, and more, so you can focus on baby. It's simple enough to use during a 3 a.m. feeding, yet powerful enough to report on everything you and your pediatrician need to know about your little one.

Keep the PBA with your baby so whoever is caring for him can track his activities. You'll have a record of what your babysitter did, and your spouse will know when you last fed and changed your baby.

This instruction manual has all the details on the PBA, but feel free to explore the device on your own and refer back here for more info. You'll find that it's fun and easy to use!





2. Insert batteries




3. Set time and date




4. Enter baby name

## Getting Started

Open the battery cover by sliding it down while pressing on the three indentations at the top of the cover. Insert two AA alkaline batteries (2), and you're ready to go. Never remove batteries while the PBA is on.

The PBA will turn on and prompt you to set the time and date (3) - see page 29 for details. Use the three oval Navigation buttons and round Back button under the screen to enter information.

The PBA will then ask you to enter your baby's name (4) - see page 27 for details. You can add a second baby later or delete information if you are just trying out the device.

Finally, you will be prompted to select [US standard] (ounces, pounds, etc.) or [metric] (ml, kg, etc.) units. Once you set this, it can only be changed if you reset the PBA and delete all saved information. See page 32.

Once setup is complete, you should see your baby's name and the time and date at the top of the screen.

5. Features

**Light Button:** The Light button at the top of the PBA controls the backlight and night-light. The display backlight turns on for 10 seconds when the Navigation buttons or Back button is pressed. Pressing the Light button turns on the backlight without affecting what's happening on the display.

To turn the night-light on and off, hold down the Light button for 2 seconds. This is handy for late night feedings or diaper changes. The light turns off after 5 minutes.

**Keypad Lock:** Slide the Keypad Lock switch up to lock the buttons to prevent accidental use.

**Silent Mode:** Slide the Silent Mode switch up to silence countdown timer alarms. The PBA will vibrate discreetly to let you know when time's up. See page 29 for details.

**Belt Clip:** The convenient belt clip snaps onto the back of the PBA. Pull back on the left or right arm to remove.

**Lanyard Attachment:** You can also use a lanyard (not included) with the PBA.

6. PBA Home

**Auto-Off:** To conserve batteries, the PBA goes into sleep mode after 30 seconds if it is not being used. Press any button to wake it up. See page 31 to learn how to adjust the auto-off time. Holding down the Back button from the **Home** screen turns off the PBA.

### PBA Home

The **PBA Home** screen (6) lets you access all of the PBA features. Scroll through the functions by pushing the buttons under the up and down arrows. Push the button under [SELECT] to access the function that is highlighted.

You can always get back **Home** by pressing the round Back button (depending on what you are doing, you may have to press it several times). If you are several screens into the PBA functions, you can hold down the Back button to jump directly to the **Home** screen.

The following sections of this instruction manual are organized by the PBA functions: Feeding, Diapers, Sleep, Timers, Health, Reports, Setup, and Help.

7. Breast feeding summary

8. Select left or right breast

9. Breast feeding timer

## Feeding

The PBA helps you keep track of breast feedings, bottle feedings, and pumping breast milk.

### Breast Feeding

Selecting [Breast] leads to the **Breast Feeding Summary** screen (7) which displays information about the last breast feeding.

Pressing [ADD NEW] leads to the **New Feeding** screen (8) where you can select the left or right breast.

Selecting [ADD PAST] allows you to enter a breast feeding that you forgot or didn't have time to enter - see page 22.

[VIEW REPORTS] is a shortcut to the Reports function where you can view daily and weekly breast feeding information – see page 20.

Pressing [SELECT] starts the breast feeding timer (9). You can pause, start, or cancel the timer. Pressing [CANCEL] will return to the **New Feeding** screen, and the timer information will be lost.

10. Confirm feeding

11. Time since last feeding

12. Running timer

When baby has finished nursing, press [SAVE]. This leads to the **Confirm** screen (10) which shows a summary of the feeding event.

Press [YES] to confirm that you want to save this information. If you did not mean to end the timer, press [NO] to return to the timer.

Pressing [YES] returns you to the **Home** screen. Notice that the time since the last feeding is now shown after Feed (11).

While the breast feeding timer is running, you can press the Back button to access other functions or view reports. The breast feeding timer continues to run, and the running time is shown next to Feed on the **Home** screen (12).

13. Bottle feeding summary




14. New bottle

15. Confirm bottle

## Bottle Feeding

Selecting [Bottle] from the **Feeding** menu leads to the **Bottle Feeding Summary** screen (13).

Pressing [ADD NEW] leads to the **New Bottle** screen (14) where you can enter the amount of milk that your baby drank. Use the [-] and [+] buttons to set the volume and press [SAVE] to record the feeding.

Pressing [SAVE] leads to the **Confirm** screen (15) which shows the volume fed and the end time. Press [YES] to confirm that you want to save this information and return to the **Home** screen. Notice that the time since the last feeding (either breast or bottle) is now shown after Feed.

16. Pumping summary




17. New pumping

18. Confirm pumping

## Pumping

Selecting [Pump] from the **Feeding** menu leads to the **Pumping Summary** screen (16).

Pressing [ADD NEW] leads to the **New Pumping** screen (17) where you can enter the amount of milk that was expressed per breast. Use the [+] button on the left to increase the volume of milk for the left breast and repeat for the right side. (The volume goes up to 6 ounces or 178 ml and then cycles back to zero.)

Pressing [SAVE] leads to the **Confirm** screen (18) which shows the volume pumped per breast and the end time. Press [YES] to confirm that you want to save this information.

19. Diaper summary

20. New diaper

21. Diaper details

## Diaper

The PBA helps you keep track of diaper changes. Selecting [Diaper] from the **Home** screen leads to the **Diaper Summary** screen (19).

Press [ADD NEW] for the **New Diaper** screen (20) where you can select between [Pee], [Poo], or [Both]. Optionally, you can press [DETAIL] to record more information (21).

A Pee diaper defaults to [Normal], but can be changed to [Light] or [Heavy] depending on the amount of urine. This may be important for determining whether your baby is dehydrated.

A Poo diaper defaults to [Normal] but can be changed to [Loose] (diarrhea) or [Hard] (constipation) depending on the consistency. Your pediatrician may want you to track these details if baby is sick.

Pressing [SAVE] leads to the **Confirm** screen. Press [YES] to confirm that you want to save this information and return to the **Home** screen. Notice that the time since the last diaper is now shown.

22. Sleep summary

23. Sleep timer

24. Running sleep timer

## Sleep

The PBA helps you track when baby is sleeping. Selecting [Sleep] from the **Home** screen leads to the **Sleep Summary** screen (22).

Pressing [ADD NEW] starts the sleep timer (23). You can pause, start, or cancel the timer. Pressing [CANCEL] will return to the **Sleep Summary** screen, and the timer information will be lost.

When baby has finished sleeping, press [SAVE]. This leads to the **Confirm** screen which shows the duration of the sleep session and the time it ended. Press [YES] to confirm that you want to save this information.

Pressing [YES] returns you to the **Home** screen. Notice that the time since the last session is now shown after Sleep.

While the sleep timer is running, you can press the Back button to access other functions or view reports. The sleep timer continues to run, and the running time is shown next to Sleep on the **Home** screen (24).

25. Countdown timers

26. Set timer

27. Running timer

## Countdown Timers

The PBA can remind you to check on baby, give medicine, etc. There are three independent countdown timers to meet your every need.

Selecting [Timers] from the **Home** screen leads to the **Countdown Timers** screen (25) with the three timers A, B, and C. Select a timer and press [SET] to set the timer (26). Press the [-] and [+] buttons to set the time (hold the buttons down to scroll quickly). Press [START] to start the timer and [PAUSE] to pause it. Holding down [START] or [PAUSE] for two seconds resets the timer.

You can start, pause, and reset running timers on either **Countdown Timers** screen. The timers continue to run regardless of what screen you are on. For example, you can record feedings, diapers, and sleep without disturbing the countdown timers. If a timer is running, the time remaining is shown on the **Home** screen next to Timer (27). If more than one timer is running, the one that will end first is shown.

28. Silent mode switch

When a timer reaches zero, it will chime (each timer has a different sound). Pressing any button will turn off the chime and automatically reset the timer to the last time setting. If you do not turn off the chime, it will continue sounding for one minute while the timer counts up to let you know how long ago the timer began chiming.

If you want to avoid waking your sleeping baby, sliding the Silent Mode switch (28) up will set the timers to vibration mode (each timer also has a unique vibration pattern). See page 29 for more alarm and vibration options.

Please note: if you are using the PBA to track two babies, the three countdown timers are shared between the babies.

29. Medicine summary

30. New medicine

31. Medicine dosage

## Health

There are three functions under Health: Medicine, Temperature, and Growth.

### Medicine

The PBA helps track medicine given to baby. Selecting [Medicine] from the **Health** menu leads to the **Medicine Summary** screen (29).

Press [ADD NEW] for the **New Medicine** screen (30) where you can select between the following: [Ibuprofen], [Acetaminophen], [Antibiotic], [Antihistamine], and four other medicines ([MED5] through [MED8]).

Optionally, you can press [DOSE] to record the amount of medicine given (31). Use the [-] and [+] buttons to adjust the dose (from 0.1 to 30.9 ml). The PBA records doses in milliliters regardless of the units setting.

At the end of the medicine list is the Rename option. Select [Rename] to change any of the 8 medicine names (32). For example, you might change Ibuprofen to Advil® or MED5 to Benadryl®.

32. New medicine name

33. Temperature summary

34. New temperature

Press [SAVE] (from the **New Medicine** or **Medicine Dosage** screen) to record the event. This leads to the **Confirm** screen which shows a summary of the event. Press [YES] to confirm that you want to save this information and return **Home**.

Use the PBA's Countdown Timer feature (page 14) if you want to set a reminder for when to give the next dose of medicine.

### Temperature

The PBA helps you keep track of your baby's body temperature if she has a fever. Selecting [Temperature] from the **Health** menu leads to the **Temperature Summary** screen (33).

Press [ADD NEW] for the **New Temperature** screen (34) where you can enter the body temperature. Hold down the [-] and [+] buttons to scroll quickly.

Press [SAVE] for the **Confirm** screen which shows the temperature and when it was recorded. Press [YES] to confirm that you want to save this information and return to the **Home** screen.

35. Growth summary

36. Growth

37. New length

## Growth

The PBA helps you track your baby's growth. Selecting [Growth] from the **Health** menu leads to the **Growth Summary** screen (35) which displays the latest set of growth measurements.

Press [ADD NEW] for the **Growth** screen (36) where you can select [Length], [Weight], or [Head Circumference].

### Length

Select [Length] for the **New Length** screen (37) where you can enter your baby's length. Enter the number of whole inches or centimeters and then press [NEXT]. The next step lets you enter the fractional or decimal value.

Pressing [SAVE] leads to the **Confirm** screen. Press [YES] to confirm that you want to save this information and return to the **Growth** screen.

38. New weight




39. New head circumference

40. Confirm growth

### Weight

Select [Weight] for the **New Weight** screen (38) where you can enter your baby's weight. Enter the number of pounds or kilograms and then press [NEXT]. The next step lets you enter the ounces or decimal value.

Pressing [SAVE] leads to the **Confirm** screen which shows the measurement and when it was recorded. Press [YES] to confirm that you want to save this information and return to the **Growth** screen.

### Head Circumference

Select [Head Circumference] for the **New Head Circ** screen (39) where you can enter your baby's head circumference. Enter the number of whole inches or centimeters and then press [NEXT]. The next step lets you enter the fractional or decimal value.

Pressing [SAVE] leads to the **Confirm** screen (40) which shows the measurement and when it was recorded. Press [YES] to confirm that you want to save this information and return to the **Growth** screen.






41. Reports




42. Timeline: Summary

## Reports

The PBA features easy-to-read reports on all of baby's activities. Selecting [Reports] leads to the **Reports** screen (41) where you can choose from [Summary], [Feed], [Diaper], [Sleep], [Medicine], [Temperature], and [Growth].

The three types of reports are Timeline, Daily Summary, and Weekly Chart. You can also add or delete events from the Reports section (page 22).

(Selecting [VIEW REPORTS] from a specific **Summary** screen is a shortcut to that section. For example, pressing [VIEW REPORTS] on the **Diaper Summary** screen leads to the **Diaper Reports** section.)

### Timeline

The **Timeline** reports (42) are lists of events (The **Timeline: Summary** is shown in this example). Scroll through the list or select one for more detail. The date of the highlighted event is displayed in the top-right corner of the screen.






43. Report detail




44. Daily summary




45. Weekly chart

Selecting an event leads to the **Report Detail** screen (43) with detailed information on the event.

Press [DELETE] if you want to delete the event. On page 22 below, you will learn how to add an event that was not recorded at the time it happened.

### Daily Summary

The **Daily Summary** reports (44) summarize the events that were recorded during one 24 hour period (from midnight to midnight). By default, the current day is shown, and you can step through other days with the [PREV] and [NEXT] buttons.

Some abbreviations are used on the screen. For example, "Breast: 8x, 1h 34m" means there were 8 breast feeding sessions that day with a total duration of 1 hour and 34 minutes.

### Weekly Chart

The Weekly Charts (45) graphically summarize the events of that week. See page 23 below for a detailed description of each weekly chart.






46. Add/Delete




47. Add breast feeding




48. Delete event

## Add/Delete

The Add/Delete function allows you to delete an event (as discussed above) or add an event. You may want to add an event if you forgot to record it or if you didn't have time to do so. Selecting [Add/Delete] leads to a screen (46) where you can select the following:

### Add Event

Selecting [Add Event] leads to a series of screens that step you through entering all of the information needed for that type of event. For example, if you selected [Add Event] from the **Breast Feeding Reports** screen, you will be prompted to enter the following: left or right breast (47), start time, end time, and date feeding ended. (Pressing [ADD PAST] from a specific **Summary** screen is a shortcut to this section.)

### Delete Event

Selecting [Delete Event] leads to the **Timeline** screen where you can select the event that you want to delete. Selecting the event leads to the **Report Detail** screen (48) where you can press [DELETE] to permanently delete the event.






49. Summary reports




50. Breast feeding chart




51. Bottle feeding chart

Following is detailed information on specific reports:

### Summary Reports

The Summary reports (**Timeline: Summary** (42) and **Daily Summary** (44)) combine all recorded events so you can see them together (49).

### Feeding Reports

From the **Feeding Reports** screen, select [Breast], [Bottle], or [Pump]:

### Breast Chart

This is a stacked bar graph showing the nursing duration for each day of the week (50). The days are listed on the left, and the total nursing durations per day are on the right. The dark bars show the daily nursing durations for the left breast, and the light bars represent the right breast. Press [?] for help on the chart.

### Bottle Chart

This is a bar graph showing the volume of milk fed for each day (51). The days are listed on the left side, and the total volume per day is listed on the right. The gray bars show the daily volume of milk fed. Press [?] for help.






52. Pumping chart




53. Diaper chart

## Pumping Chart

This is a stacked bar graph showing the pumping volume for each day of the week (52). The days of the week are listed on the left side, and the total volume per day is listed on the right. The dark gray bars show the daily volume for the left breast, and the light gray bars show the daily volume for the right breast. Press [?] for help on the chart.

## Diaper Chart

This is a graph showing when diaper changes occurred each day of the week (53). The days are on the left, and the total diapers per day is on the right. Each bar is a timeline with midnight on the left, noon in the center, and midnight on the right. The empty boxes represent Pee diapers, and the solid boxes Poo or Both diapers. This graph may reveal patterns – for example, Poo diapers may be more frequent in the mornings. Press [?] for help on the chart.






54. Sleep chart




55. Medicine chart




56. Temperature timeline

## Sleep Chart

This is a graph showing when the baby was asleep each day of the week (54). The days are listed on the left, and the total time slept is on the right. Each horizontal bar is a timeline with midnight on the left, noon in the center, and midnight on the right. The dark gray bars show when the baby was asleep. This graph allows you to easily see if there are sleep patterns – for example, your baby may be establishing regular nap routines. Press [?] for help on the chart.

## Medicine Chart

This is a graph showing when medicine was given each day of the week (55). The days are on the left, and the total number of doses per day is on the right. Each horizontal bar is a timeline with midnight on the left, noon in the center, and midnight on the right. The small boxes show when the medicine was given. Press [?] for help on the chart.

## Temperature Reports

There is a Temperature Timeline (56) but no Daily Summary and no Weekly Chart.






57. Growth timeline




58. Length chart

## Growth Reports

The Growth Reports include a Timeline (57) and charts for Length, Weight, and Head Circumference.

### Length Chart

This bar graph shows the most recent length measurements (58). The dates of each measurement are listed on the left side, and the length is listed on the right. The gray bars represent the length. Press [?] for help on the chart.

### Weight Chart

This bar graph shows the most recent weight measurements.

### Head Chart

This bar graph shows the most recent head circumference measurements.






59. Babies




60. Manage baby name

## Setup

The Setup section is for customizing the PBA. Selecting [Setup] leads to the **Setup** screen where you can choose from [Babies], [Time/Date], [Alarms], [LCD/Lights], [Auto-Off], and [Reset].

### Babies

The Babies section allows you to add, edit, and delete baby names. You can track one or two babies. When you select a baby's name, it appears in the top-left corner of the screen, indicating that you are now tracking information for that baby.

The first time you use the PBA, it will prompt you to enter a baby's name to get started (you can edit the name later). If you want to experiment with the PBA, you can set up a temporary baby name that you can delete later.

To add a new baby name, select [New] from the **Babies** screen. To edit a name, select [EDIT] from the **Babies** screen (59) and then select [Edit Name] (60).






61. Edit baby

Adding or editing a name is done on the **New Baby** or **Edit