

PATIENT INFORMATION

Listening and Attention Difficulties

Today your child has had an assessment of their hearing which involved a range of hearing tests. The results today were within satisfactory limits so at this time no further intervention from Audiology is required.

This leaflet has been designed to enable you as a parent, carer or teacher to help and encourage your child to listen and concentrate to the best of their ability; it has information on communication tips, listening games and website details all designed to help.

General strategies

- As most children and adults have difficulty hearing amid noise, it is very important to reduce background noise at home and at school.
- Gain your child's attention first and ensure they are looking at you when you're speaking.
- Use simple, expressive sentences. For example 'get your school shoes'. Do not give another task or more direction until that task is complete.
- Speak at a slightly slower rate and allow more time for comprehension.
- Ask your child to repeat back the directions and keep repeating them aloud to him/her until they are completed.
- Encourage writing notes and general organisational skills.

Strategies for in School

- Think about classroom placement, ensure your child is nearer to the teacher, has their back to the window and has a clear view of the board or adult.
- Promote understanding by using key vocabulary which reduces the chance to mishear or misunderstand.
- Use mind maps or visual aids and written instructions as well as verbal.
- Provide additional aids for study like a voice recorder (available on most smart phones) or a tape recorder, and ensure a quiet study place is available.

Activities and Games to play with your child

The following games and activities can be used to improve a child's listening skills. Remember to keep the activities fun and to only spend a short amount of time on any specific activity.

- Listening walk – listen out for sounds, particularly ones they have not previously been aware of. Suggest sounds to listen out for and ask your child how many they can remember and describe.
- Listen to environmental sounds and guess where they are coming from and what is making them.
- With their eyes closed ask your child to identify different noises, e.g. ticking clock, coins rattling, paper rustling etc.
- Have your child close their eyes and then move to different positions in the room, call out their name and see if they can guess where you are standing.
- Play listening games such as 'Simon says' or 'eye spy'. Also memory games such as 'I'm going in the snow and I'm putting on my coat' then ask your child to repeat the sentence saying 'I'm going in the snow and I'm putting on my coat and hat' each take a turn always remembering what has been previously said and adding a new item.
- Encourage your child to focus their attention on particular sounds. For example, read a simple story with background noise created by a radio playing softly. Before beginning the story tell your child to listen for specifics, start with simple information then increase the difficulty.
- Play games that encourage listening for differences, for example which words rhyme or begin or end with the same letter.
- Give your child a simple series of instructions, for example two hops and one jump and ask them to follow them and gradually increase the length of the sequence.
- Read unfamiliar stories and afterwards ask questions about the sequence of events within the story.
- Read well known stories and omit certain parts and ask your child to supply the missing information.

Useful websites and apps available

www.schoolsparks.com

www.earobics.com

Further assistance or to receive this information in a different format, please contact the department which created this leaflet.