

Helping my child to hear

Top tips for families:

- Get your child's attention before speaking by touching them or saying their name
- Turn off the TV or music when you are talking to them. Background noise makes it harder to hear and listen
- Get close to your child and talk face to face. Maintain good eye contact and use facial expressions
- When reading a book out loud sit so your child can see your face and the book. Add signs and point to pictures
- Sing and learn songs with your child, whatever their age
- Speak clearly but try not to shout. Shouting may make your child think you are angry and can make it harder to lipread
- Keep instructions clear, short and simple. Check that your child has understood by getting them to repeat back to you what you have said. You may need to repeat your message or say it in a different way
- You may need to be more patient with your child. Your child may feel frustrated and angry. Listening hard may be tiring for your child and they may need breaks from concentrating. Try to spend some quiet time talking and playing with your child. This time together will help to reassure them

- Make your home a SMOKE FREE environment
- Encourage your child to blow their nose when they have a cold to help reduce congestion
- Tell everyone caring for your child about your child's hearing difficulties and share these top tips. You may wish to tell family, nursery staff, childminder, school teachers, swimming teachers and coordinators of out of school clubs and activities that your child attends. Sitting at the front close to the teacher can help in school

For further information, please contact the Children's Community Audiology Service:

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W: www.wiltshirechildrensservices.co.uk/audiology or
<https://bathneshealthandcare.nhs.uk/childrens/hearing-services/>

National Deaf Children's Society

T: 0808 8008880

W: www.ndcs.org.uk