

# Top 10 tips to help listening become a way of life for your baby

## 1. Listen all day everyday

Ensure your baby is wearing his aids all day everyday so that he has the best possible access to sound. Make sure your audiologist has explained to you how to check your baby's aids so that you can be sure they are working perfectly. If your baby seems distressed when you put the aids on, go back to your audiologist straight away to get them checked.



## 2. Keep it quiet

Hearing aids cannot filter out background noise to the same degree as the ear, so too much background noise can make it harder for your baby to hear speech. So keep the environment as quiet as possible.

## 3. Keep close

New listeners benefit from an enhanced sound signal, so keep close to the microphone on your baby's hearing aids. Very young babies see best from 6-10 inches so use that as a guide for their listening too!



## 4. Read your baby's thought bubble

What is your baby trying to tell you with his body, his eyes, his face his voice? Sometimes he's telling you that he just loves chatting with you.



## 5. Use an auditory hook

Capture your baby's auditory attention using a key word with lots of energy and a sing song voice e.g. 'uhoh!' 'Look!' 'Ella!'

## 6. Match your baby's mood

Be like a mirror for your baby. When he is excited and animated copy his expression and use words to tell him how he's feeling, when he is feeling tired or fussy respond with a sympathetic face and words to match.



## 7. Slow down

Babies need lots of time to think about things and to process all the information they are receiving. So try to slow yourself down, leave long expectant pauses, count to ten if you like but wait for your baby to tell you something more.

## 8. Help baby watch your face

Babies love looking at faces, especially yours and almost from the moment they are born they can copy your mouth movement- if you stick out your tongue they will too, if you open and close your mouth slowly so will they.



## 9. Talk about your baby's thoughts

Respond to your baby's thoughts using a sing-song voice to give him the words for what he's thinking (e.g. "You want more!"). Have an animated face and leave plenty of time for him to take his turn, this may be non-verbally, by smiling or he may vocalize.



## 10. Do it again!

Babies love games that they can play over and over again. It might be singing, or kissing his tummy so he laughs!