

ACTIVITIES FOR HOME FOR YOUR KID'S HEARING



Auditory

Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing

- Avoiding: this child typically “avoid” certain sounds and things that are overwhelming to them
- Seeking: this child can’t get enough stimulation and “seeks” out sounds that excite them
- Under-responsive: this child doesn’t seem to notice much around them



Sensory Treatment

- Modulation: using preferred sensory input before, during, and after activities to make the child feel “just right”
- Remediation: gradually introducing non preferred stimulation over time
- Adaptation: adapt the activity to help the child be successful



Sound Avoider

Your child might be very sensitive and grow upset to sounds that might go unnoticed by you

- Try noise cancelling headphones or ear plugs
- Create a quiet space for your child in your house
- Start with sounds they like and progress to sounds that are undesired or new
- Play a sound identification game: listen to different sounds and try to guess them
- Introduce different musical instruments and let your child explore them at their own pace



Sound Seeker

Your child is constantly seeking out sound and might make noises for fun

- Allow your child to explore sounds safely, add a decibel meter to ensure a safe level (musical instruments, sound machines, echo microphone, and personal music players)
- Use sound cues to move from own activity to the next
- Before bed read books that include sound effects
- Make it fun by allowing your child to make their own homemade instruments and decorate them (put rice in a water bottle to make a maraca)
- Use preferred sounds and gradually decrease the volume until the sound is no longer needed



