

WAYS TO COPE WITH LISTENING FATIGUE TIPS FOR PARENTS

Reduce Background Noise



Listening in background noise can be very challenging. It requires more mental effort to listen in noisy environments. Reduce the background noise at home and in school when possible.

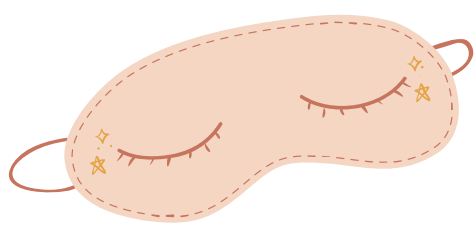
The use of a remote microphone may assist with improving the signal-to-noise ratio when it is not possible to reduce background noise.

Provide Listening Breaks



Provide listening breaks throughout the day. Listening breaks can help reduce stress and fatigue. If your child requests a break, allow them to have it.

Allow for Quiet Time



Build in scheduled quiet time during the day. Listening requires a lot of mental effort. This quiet time will allow the brain to rest for a few minutes. Reduce the number of distractions during this time. Activities could be coloring, beading, painting, etc.

Be Flexible



Meet your child where they are. Every day is going different to be different. Some days your child may experience more listening fatigue than others. That is okay! Fatigue can present as defiance or not listening. Establish a calming activity to do together.