

# 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.

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

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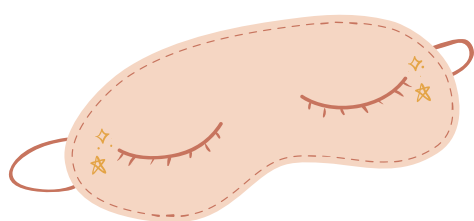
## Provide Listening Breaks



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

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## Allow for Quiet Time



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

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## 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.