

# Guide to remote education

Tips for online learning and how to keep your child motivated to learn at home

## Practical advice to promote learning at home



### Optimise acoustics in the home school environment

- Check the acoustics of the room your child is learning in and consider introducing soft furnishings into the space. Remember, hard surfaces can create reverberation and distort sound quality.
  - For example, if the room has tiled or timber floors you may find a rug will help reduce some of the reverberation. Or, if you have large windows in the room, adding curtains may help.
- Use vision to help compensate for hearing loss by ensuring that your child's learning space has good lighting. This will be particularly helpful during online learning or when they are watching educational content.



### Develop a regular routine and try to follow it

- **Maintain a routine:** Children are creatures of habit, so disruption to regular routine can be especially difficult. Having a routine can help to bring focus to your child's day. For example, continue to do the things you would normally ask them to do, like get out of bed at the same time, change out of pyjamas into day clothes and start the day with their normal breakfast.
- **Create a calendar:** Children often take comfort in the familiar. Try creating a calendar of activities and place it on the fridge, then take them through the plan for the week. Make sure you throw in some fun activities or games for your child to look forward to.



## Request a lesson plan and stay in regular contact with teachers

- Stay connected with your child's teachers and keep track of what your child is working on. That way you can support teachers' efforts to teach your child by developing ways to supplement their learning.
- Request a lesson plan from the teacher and ask if they can share any lesson materials in advance. This will help you to prepare and practise vocabulary ahead of the lesson, provide guidance on what topics may be covered and anticipate what will be discussed during the lesson.



## Look after yourself and your child's wellbeing

- Whilst an optimal listening environment is important for learning, it is also important that you look after both yours and your child's physical and mental wellbeing too.
  - **Take hearing breaks:** Learning from home can result in educators adopting more online methods. This will mean more video or phone calls which is exhausting for anyone, let alone a child with hearing loss. Don't forget that it takes a lot of work for the brain to process speech without the aid of visual cues. So, it is important to give your child time to rest. Sometimes all it takes is a few minutes of peace and quiet to be refreshed.
  - **Maintain a healthy lifestyle:** If possible, incorporate regular exercise, stretching and meditation into yours and your child's week. Try setting aside time to meal prep healthy dishes. Explore the multitude of applications online offering exercise routines, recipe suggestions and meditation exercises.
  - **Clear your space:** Spending a majority of your time indoors can make you very aware of the walls surrounding you. Maintaining an organised space can help to clear your mind, especially if you are also working from home.



## Create opportunities for incidental learning

- Involving your child in day-to-day activities around the home like cooking, cleaning, gardening or sorting the laundry can promote engagement, develop vocabulary and encourage a deeper level of curiosity. Here are just two examples to get you started:
  - **Cook with me:** For example, you can bake bread at home with your child and use vocabulary specific to baking, like dough, knead, yeast, flour and rise. Also, by talking through the steps to bake bread with your child, you are teaching planning, how to follow instructions, patience and rewards.
  - **Sort the laundry:** For example, ask your child to sort washed clothing into separate piles like t-shirts, trousers and socks. Go a step further and ask your child to match up pairs of socks and fold them. Simple and practical activities like this can teach children about visual discrimination, matching and can help to develop fine motor skills.



## Use the extra time indoors to work on rehab

- Cochlear have several resources you can use to practice rehabilitation at home with your child. Within the **Sound Foundation for Starting School Rehabilitation Guide**, there are some activities and games you can do with your child at home to encourage listening and memory, receptive and expressive language development, and speech intelligibility.
- You can also download the Kaci Koala "I Can Hear" colouring and activity book for your child to complete at home. It's a fun and interactive way for children to learn about hearing and their Cochlear™ sound processor.

# Practical advice for online learning



## Stream calls directly to your child's sound processor

- Stream phone and video calls directly to the Cochlear™ Nucleus® 7 or Baha® 5 Sound Processor from compatible Apple or Android devices using the Smart App or Cochlear Wireless Phone Clip.



## Use wireless accessories to stream audio from your computer

- Use Cochlear True Wireless™ accessories to directly stream audio and media from the computer to the sound processor. This will help make hearing video calls, educational videos, alerts or notifications easier.
  - **Mini Mic 2+:** Ensure that the Nucleus 7 Sound Processor or Baha 5 Sound Processor is paired\* correctly. Then insert the 2.5 mm accessory cable that comes with your Mini Mic 2+ into the headphone socket of your computer and connect the other end to the Mini Mic 2+.
  - **Phone Clip:** Ensure that the Nucleus 7 Sound Processor or Baha 5 Sound Processor is paired\* correctly and that the Bluetooth® functionality on your computer is enabled. On your computer, search for Bluetooth devices that are available and select "Hearing Aid Phone" from the list of Bluetooth devices.



## Connect the sound processor to a computer with an audio cable

- For earlier model devices like the Nucleus 5, Freedom®, SPrint™, or ESPrit™ Sound Processor, you can connect to your computer using the personal audio cable. Simply plug the cable directly into the headphone socket of your computer.
  - **TIP 1:** For some models of sound processors, it is recommended that the mains isolation cable is used for computers that are plugged into mains power. Refer to your user manual for further information about the cables that may be required to connect to your computer.
  - **TIP 2:** Visit our device support page on [cochlear.com](https://www.cochlear.com) to watch an instructional video demonstrating how you can connect a personal audio cable to a Nucleus 5 Sound Processor.



## Take advantage of video and instant messaging software

- **Video:** If possible, arrange to have video calls or lessons. Not only does it promote engagement, it can make communication much easier. Video calls allow children with hearing impairment to draw upon visual clues such as the speaker's lip or facial movements, gestures and body language. Also, if you have multiple people on a call, it will make it easier for your child to identify who is speaking at any given time.
  - **TIP 1:** Even when using video, teach your child to encourage communication partners to face the camera, speak up or speak more slowly.
  - **TIP 2:** For people phoning or using video calls with your child, where possible, please ask them to use a headset or earphones that are available to use with their phone or laptop as this will help to send a better signal for your child to hear.
- **Messaging software:** We recommend making use of complementary technologies such as instant messenger apps to supplement verbal communications.



## Investigate options to add captioning to lessons and videos

- If your child is accessing online learning and video conferencing, check with the school if live captioning has or can be arranged. Or, if lessons are delivered using Skype, you can switch on live captioning.
- If live captioning is not an available option, see if teachers can use a voice to text application so that they can send a transcript of the lesson afterwards. There are a multitude of free apps available on the App Store or Google Play store like Google Live Transcribe or Speechnotes.

For more information contact your local customer service team.

\* Refer to your user guide for pairing instructions.

# Hear now. And always

As the global leader in implantable hearing solutions, Cochlear is dedicated to helping people with moderate to profound hearing loss experience a life full of hearing. We have provided more than 600,000 implantable devices, helping people of all ages to hear and connect with life's opportunities.

We aim to give people the best lifelong hearing experience and access to innovative future technologies. We have the industry's best clinical, research and support networks.

That's why more people choose Cochlear than any other hearing implant company.

Please seek advice from your health professional about treatments for hearing loss. Outcomes may vary, and your health professional will advise you about the factors which could affect your outcome. Always read the instructions for use and refer to the relevant user guide for more information. Not all products are available in all countries. Please contact your local Cochlear representative for product information. Consult your health professional to determine if you are a candidate for Cochlear technology.

Cochlear, Hear now. And always, the elliptical logo, True Wireless, Nucleus, Kanso and Baha are either trademarks or registered trademarks of Cochlear Limited or Cochlear Bone Anchored Solutions AB. © Cochlear Limited 2020

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Cochlear™ Nucleus® implant systems are intended for the treatment of moderately severe to profound hearing loss. Baha implant systems are intended for the treatment of moderate to profound hearing loss.

**[www.cochlear.com](http://www.cochlear.com)**

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