

Guide to rehab at home with children

How to integrate listening practice into your daily routine.

Indian Cochlear™ implant recipient, Advika and her parents.

Practical advice for rehab at home

Hearing rehab is an important part of your child's hearing journey that can help them enjoy a world of sound. For babies and younger children it is vital to regularly practice listening and hearing skills at home for language development.

Here are some easy tips recommended for our Cochlear Family to help build listening practice in your child's daily routine:

- 1** Before starting lessons each day, perform the **Ling-6 sounds daily check** to track progress over time. Remember to follow the instructions within the guide on distance and presentation level.
- 2** Start slow and focus on building listening and language skills with your child using the sound processor alone.
- 3** During lessons, use a conversation level voice. You can use the sound level metre on the CR230 Remote Assistant or Nucleus Smart App to view 50-70dBA levels which are similar to conversational speech.
- 4** Practice in a quiet room and check that your child's sound processor program settings are as recommended by your healthcare professional.
- 5** Rather than saying "good boy/girl" when your child has responded in a way you are pleased with, reinforce the action or language you are proud of.
E.g "I really liked the way you said your /s/ sound so clearly."
- 6** Remember to pause. After you ask your child a question, pause for at least 5 seconds and allow them to answer. Once your child has answered, pause for another 5 seconds to give them a chance to add more information.
- 7** Try integrating listening into daily activities to create opportunities for incidental learning. Bath or dinner time are great opportunities, as children are usually seated and can focus on an activity such as eating or playing in the bath water.

Create opportunities for incidental learning

Involving your child in day-to-day activities around the home can help to develop vocabulary and encourage a deeper level of curiosity. These games can be played with just you and or child, but if there are other children in the home, we encourage you to include them. Social learning through observation or imitation, is another great way for children with hearing loss to develop their language, speech and listening skills.

Here are just a few examples to get you started:



Cook with me

- **Example:** Try baking bread at home with your child and use vocabulary specific to baking, like dough, knead, yeast, flour and rise. Encourage your child to repeat the words after you. Also, by talking through the steps to bake bread with your child, you are teaching planning, how to follow instructions, patience and rewards.



Challenge the day

- **Example:** Try setting up opportunities for your child to request or comment on various situations they have become accustomed to. The way you can do this is by altering the environment or action you are performing. For example, try giving your child their meal without eating utensils. Or, put your child's shoes on their hands, rather than their feet and then wait for their response.



"I spy with my little eye"

- **Example:** This is a great game to play if there are other children in the home and is a fun way to encourage your children to think about letters, sounds and words. To facilitate language learning, try playing this game in two stages. For example:
 - **Level 1:** Child begins by saying "I spy with my little eye, something beginning with 't'." You think the answer may be "table". So, begin guessing but try to avoid guessing the word "table" to encourage the game to reach level 2.
 - **Level 2:** Ask your child to give you a hint. This will encourage them to use descriptive language, "It is made of wood and you eat dinner off it."



Sort the laundry

- **Example:** Ask your child to sort washed clothing into separate piles like t-shirts, trousers and socks. As you say each word, encourage your child to repeat the words after you. 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.
 - **TIP:** You can also use this game for sorting toys and putting them away.

Cochlear rehab resources

Life can be busy with children, so we have developed a range of age-specific programs that are designed to fit into your day.

Early Intervention: Birth to 5 years old



Sound Foundation for Babies: Ages 1 - 2 years

- For children who are first learning to listen. This is targeted toward developing your child's core areas of audition, receptive language, expressive language and speech.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/sound-foundation-for-babies>



Listen, Learn and Talk

- Provides parents with strategies to enhance spoken language through listening. Accompanying this resource are captioned videos showing practical ways you can develop your child's language through listening in your own home.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/listen-learn-and-talk>



Sound Foundation for Toddlers : Ages 2 - 3 years

- Continues the journey that began in Sound Foundation for Babies. You will find hundreds of games, activities and ideas to help you hone your child's spoken language and listening skills.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/sound-foundation-for-toddlers>



Chit Chat

- This resource provides guidance on how you can help your child develop listening and speaking skills by simply having fun and talking about everyday activities.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/chit-chat>



Sound Foundation for Children: Ages 3 - 4 years

- This is the third resource in the Sound Foundation series. It is designed to help parents in guiding their child to continue to develop listening and speech skills.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/sound-foundation-for-children>



Bath Time with Aqua+ Activity

- With the Aqua+ accessory, you can turn bath-time into language development exercise. This activity comes with four lesson plans and printable bath time picture cards.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/early-intervention/aqua-plus-activities>

School Aged: 5 to 8 years old



LEAPing on with Language

- A fun program that supports parents with a child attending school, who want to enhance their child's language skills. We provide practical strategies to accelerate your child's speech development by moving beyond simple sentences to more complex and abstract language.

LINK: <https://www.cochlear.com/intl/home/support/rehabilitation-resources/leaping-on-with-language>



Sound Foundation for Starting School Guide

- Developed specifically to help parents familiarise their child with starting school. It covers areas of language and vocabulary that would be typically used in the playground and in classrooms.

LINK: <https://www.cochlear.com/wps/wcm/connect/shared-library/downloads/cap-downloads/cochlear-family/sound-foundation-for-starting-school>

Independent rehab resources



Helpful apps you can download



Lingokids - The Playlearning™ app in English: Designed for children aged 2-8. It teaches them essential language skills through games. Allows your child to practice over 3000 words and learn about 60 different topics.



ABC Kids - Tracing and Phonetics: Features a series of tracing games to help children recognise letter shapes, associate them with phonic sounds, and put their alphabet knowledge to use in fun matching exercises.



Easy Music for Kids: Easy Music is a great way to introduce children aged 3+ to the world of music. Children learn to recognise notes, pitch, rhythm, and melody in a nature-inspired game environment



Helpful websites you can visit

- **Angel Sound™:** Angel Sound is an interactive web-based auditory training and hearing assessment program. There is a "learning by listening" module developed especially for children with cochlear implants, which facilitates the learning of different sounds and words. The level of difficulty is automatically adjusted to match your child's developing listening skills.
- **Storyline Online:** Children's books read by a variety of 'actors' with American accents. Subtitles accompany each page that can be switched off. There are related activities provided for each story.
- **Cbeebies:** A wide variety of stories and related activities that are printable with clear instructions as well as a wide range of games. All stories have written text and audio.

For more information contact your local customer service team.

Hear now. And always

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.

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www.cochlear.com

Cochlear Ltd (ABN 96 002 618 073) 1 University Avenue, Macquarie University, NSW 2109, Australia Tel: +61 2 9428 6555
Cochlear NZ Limited Level 4, Takapuna Towers, 19-21 Como Street, Takapuna, Auckland 0622 New Zealand Tel: +64 9 914 1983
株式会社日本コクレア (Nihon Cochlear Co Ltd) 〒113-0033 東京都文京区本郷2-3-7 お茶の水元町ビル Ochanomizu-Motomachi Bldg, 2-3-7 Hongo, Bunkyo-ku, Tokyo 113-0033 Japan Tel: +81 3 3817 0241
Cochlear (HK) Ltd Room 1404-1406, 14/F, Leighton Centre, 77 Leighton Road, Causeway Bay, Hong Kong Tel: +852 2530 5773
Cochlear Medical Device (Beijing) Co Ltd Unit 2608-2617, Gemdale Tower B, 91 Jianguo Road, Chaoyang District, Beijing, 100022, P.R. China Tel: +86 10 5909 7800
Cochlear Limited (Singapore Branch) 238A Thomson Road, #25-06, Novena Square Office Tower A, Singapore 307684 Tel: +65 6553 3814
Cochlear Korea Ltd 1st floor, Cheongwon Building 33, Teheran-ro 8 gil, Gangnam-gu, Seoul, Korea Tel: +82 2 533 4450
Cochlear Medical Device Company India Private Ltd G Floor, Platina Building, Plot No C-59, G-Block, Bandra Kurla Complex, Bandra (E), Mumbai - 400 051, India Tel: +91 22 6112 1111



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