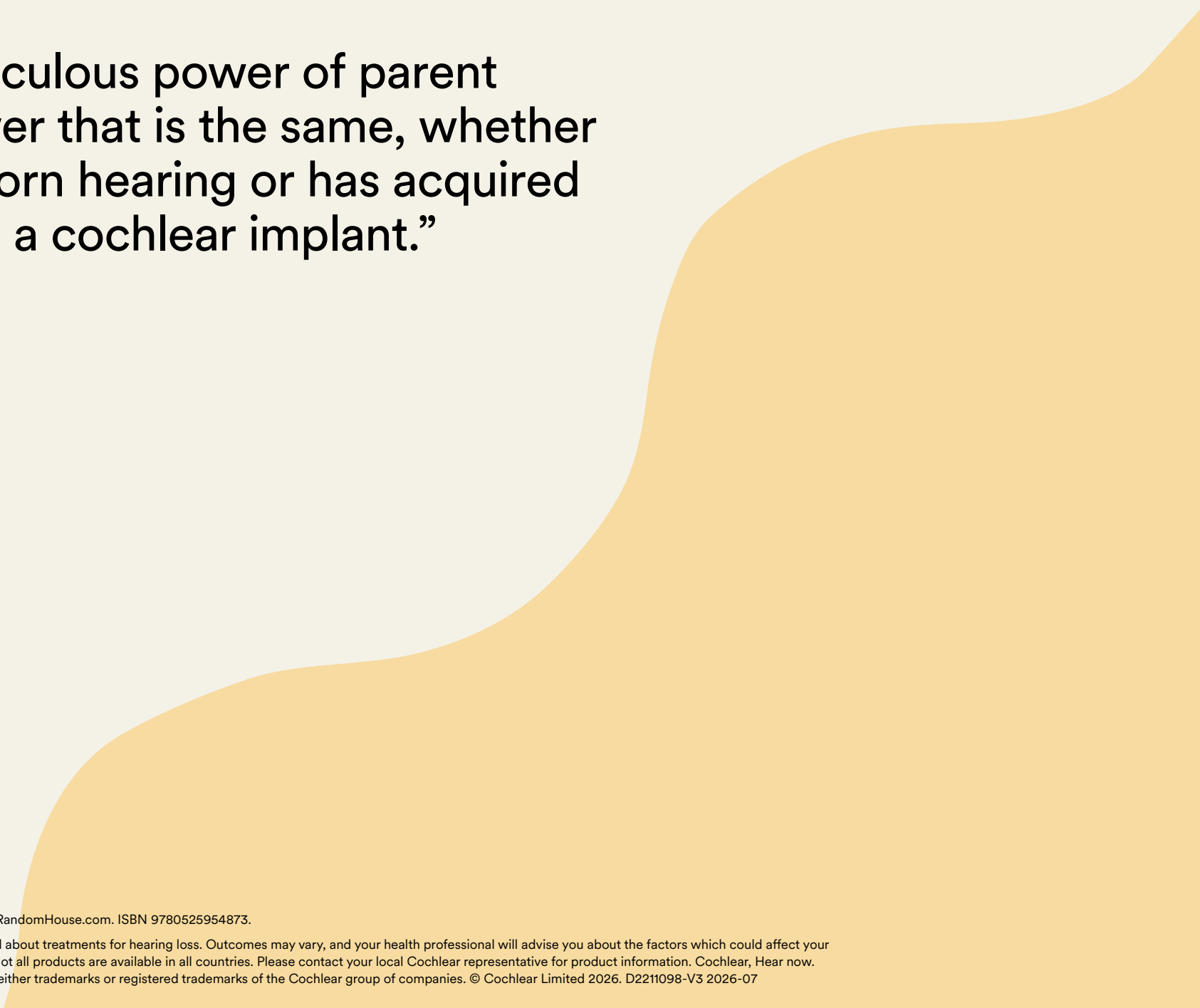


A day full of opportunities workbook



“...the miraculous power of parent talk, a power that is the same, whether a child is born hearing or has acquired hearing via a cochlear implant.”

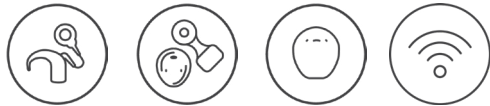
Suskind, 2015

Suskind, D. (2015) *Thirty Million Words*, PenguinRandomHouse.com. ISBN 9780525954873.

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A day full of opportunities



Your words and conversations with your child can be so powerful, the bond you form through these interactions is of immense value. You are nourishing your child's brain with words and conversations, all while making continuous and consistent use of hearing technology, allowing language to emerge and flourish.

To support you to recognise all the opportunities that an ordinary day presents in the life of your child, we have created "A day of full opportunities" timeline where you can note your activities with your child. Each activity is an opportunity for interaction where every word supports language learning and communication.

Your words are not just sounds, they are the building blocks of your child's language development. Your shared activities are not just moments in time, they are opportunities to strengthen your bond and stimulate your child's listening and communication brain.

Let's make the most of each day, each activity and every interaction because every day is a day full of opportunities.



The power of parent talk

Routines

Routines and everyday activities provide a sense of security and predictability for young children. They thrive on consistency and knowing what to expect next. This predictability not only helps them feel safe but also fosters their cognitive and communication skills.

When a routine is established, young children begin to anticipate what comes next. For instance, if a bedtime routine involves a bath, followed by a story and then sleep, young children will start associating these activities with your communication.

They will begin to recognise the familiar sequence of events and associated communication, anticipate what is coming next and eventually start to join in by communicating their needs and responses.

Routines offer many opportunities for young children to hear the same words and phrases repeatedly.

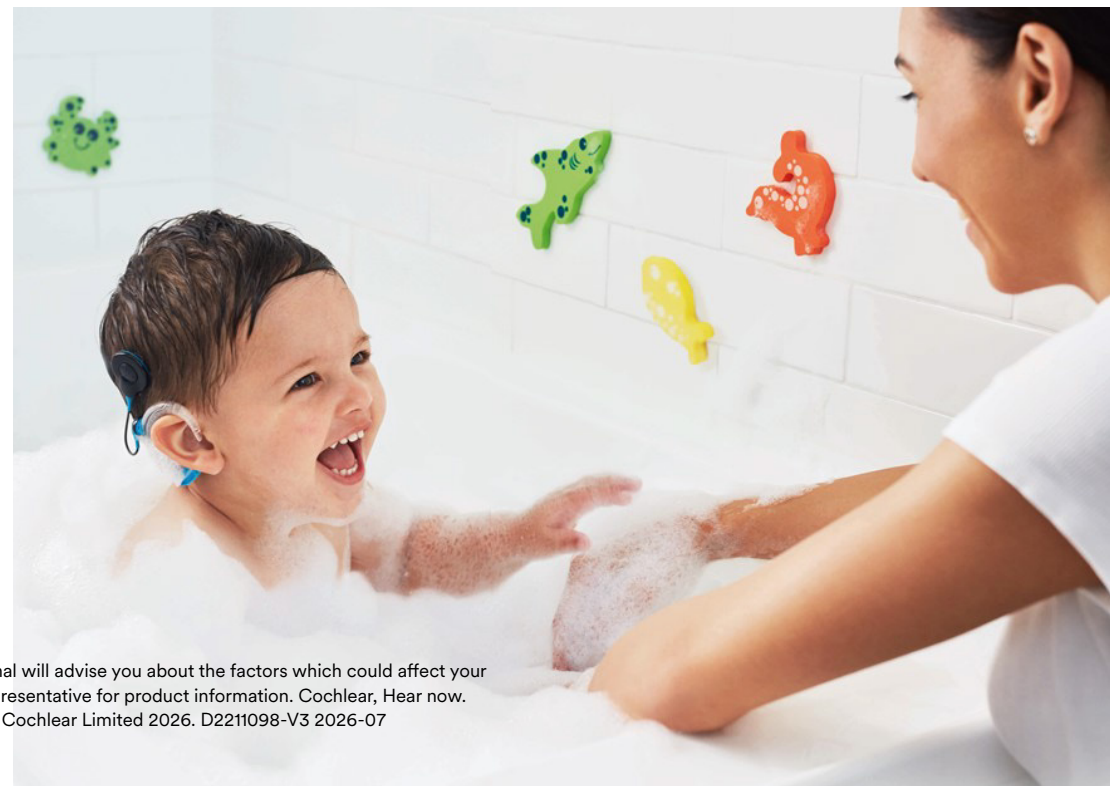
During routines, words and phrases are often repeated, providing your young child with a rich language environment.

This repetition is crucial for language acquisition. The more young children hear certain words, the more likely they are to recognise, understand and eventually use them.

Let's think about the power of parent talk. Parent talk, especially when it incorporates specific babytalk features, is incredibly powerful. It is not just about the words you say, it is also important to think about how you say them. When you talk to a young child it is usual to use a child-friendly tone of voice.

The pitch and rhythm of your child-friendly voice can also contribute to your young child's ability to pick up on language patterns and accelerate and support language and communication development.

Your higher pitch, elongated words and repeat phrases is a child-friendly form of speech that has been shown to help with language development.



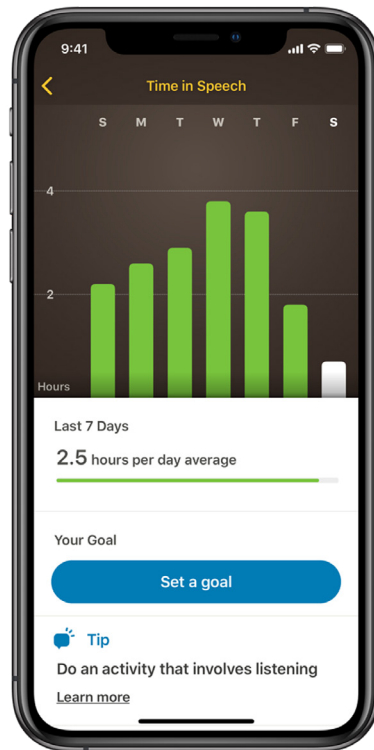
Empowerment in the CI hearing journey

Conversations and exposure to speech is important for the development of listening skills¹

As part of your child's hearing care, you can use the Smart App to control and monitor their sound processor between appointments and to reflect your child's time and speech.

You can view your child's individual hours spent using their device for listening, which can help you identify gains and barriers to your child's progress.

Think positively and describe to yourself the helpful things that you and other people are doing such as ensuring your child uses their device all waking hours and making the most of all the opportunities for conversations in all your activities together.



Ask yourself:

Hearing tracker

The tallest bars are on days when the most speech is heard, Which are the tallest bars on my child's app?

What happened on those days?

Who was speaking? Who else?

What conversations took place?

What did I notice?

What could I do next?

"Find the good and praise it."
Alex Haley

Speech

When was there speech with little or no background sounds?

What did I notice?

Speech in noise

When was there speech with background sounds or noise?

What did I notice? What may help?

Accessory use

Did I use any accessories with my child?

What did I notice?

What was helpful?

Direct streaming

Was direct streaming used?

What was heard through direct streaming?

What did I notice?

Time in speech

Included in each green bar is speech in quiet, speech in noise, speech through accessories and speech through direct streaming.



Speech



Speech in noise



Accessory use



Direct streaming

1. Romeo RR, Leonard JA, Robinson ST, West MR, Mackey AP, Rowe ML, Gabrieli JDE. (2018). Beyond the 30-Million-Word Gap: Children's Conversational Exposure Is Associated With Language-Related Brain Function. Psychol Sci. 29(5):700-710.

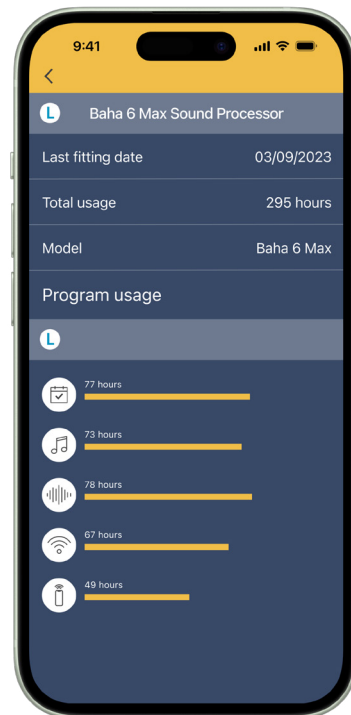
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Empowerment in the acoustic hearing journey

Conversations and exposure to speech is important for the development of listening skills¹

As part of your child's hearing care, you can use the Smart App to control and monitor their sound processor between appointments.

Early access to sound has been shown to make a difference in helping children learn, engage and fully experience the richness in their environment.^{1,2}



Ask yourself:

What daily routines do we have with the sound processor? When do we have conversations? What do I notice?

How comfortable does my child seem with the sound processor throughout the day?

What positive changes and developments have I observed in my child since using the sound processor?

Hearing in noise

When there is speech in background noise what do I notice?

When could we use the noise program?

Bringing sound closer

How might this help?

In what situations does my child listen over distance? (In the car? In the classroom? During family meals?)

How could the Minimic 2+ be helpful in these situations?

Streaming from a smartphone

In what situations could we use direct streaming? (Music? Stories? Family calls?)
When we have used streaming what did I notice?

Favourites for environments

What are the challenging listening environments in which my child might benefit from a specialised programme?

When could we try this?

Hearing tracker allows you to view what programs are used the most and also view total wearing time. This information can be useful in setting wearing and listening goals.



Everyday



Noise



Outdoor



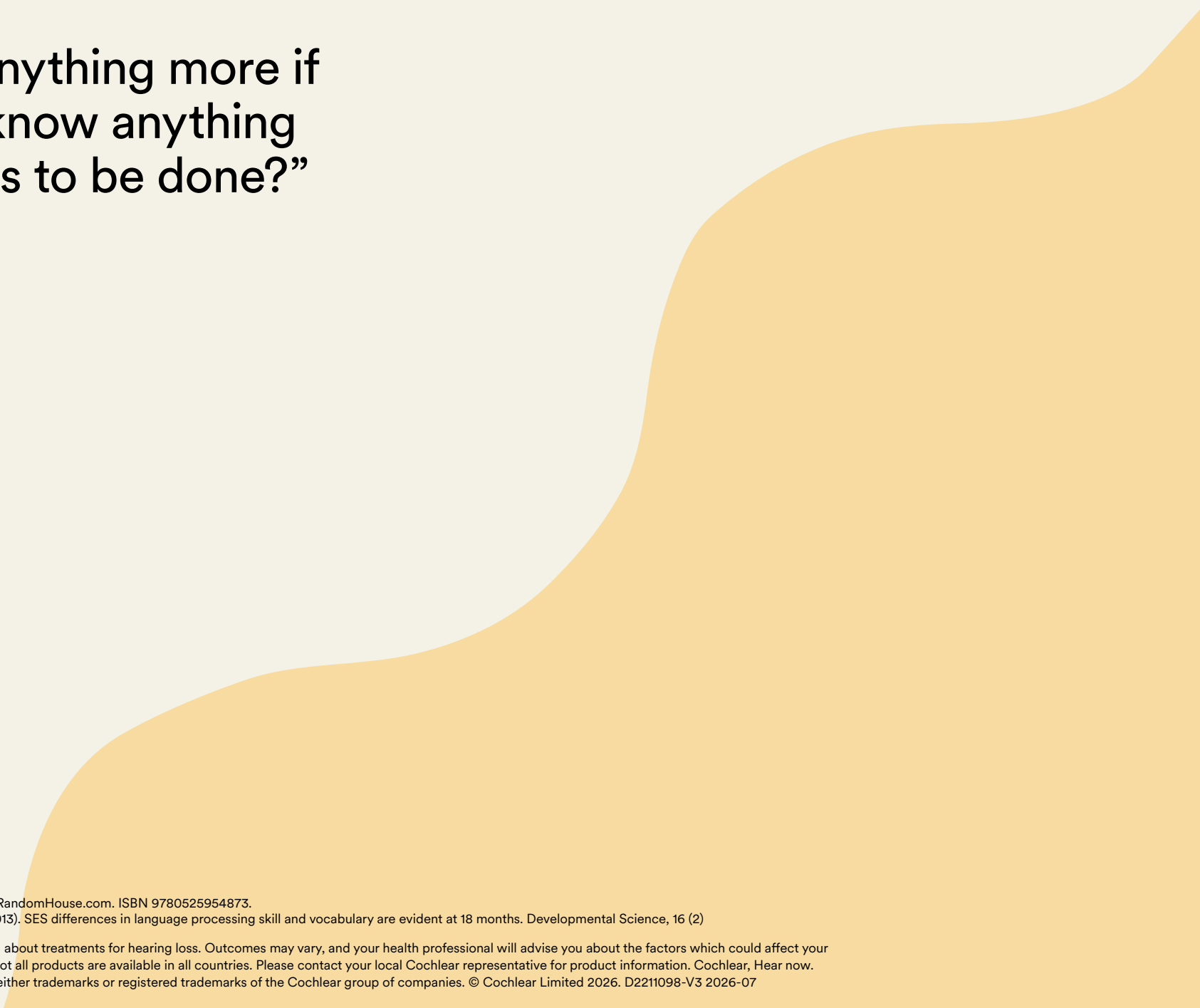
Music



Wireless

1. Romeo RR, Leonard JA, Robinson ST, West MR, Mackey AP, Rowe ML, Gabrieli JDE. (2018). Beyond the 30-Million-Word Gap: Children's Conversational Exposure Is Associated With Language-Related Brain Function. Psychol Sci. 29(5):700-710. 2. Yoshinaga-Itano C. Early Intervention after universal neo-natal hearing screening: impact on outcomes. Dev Disabil Res Rev. 2003;9(4):252-66.

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“Why do anything more if
you don’t know anything
more needs to be done?”

Suskind, 2015

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Fernald, A., Marchman, V. A., & Weisleder, A. (2013). SES differences in language processing skill and vocabulary are evident at 18 months. *Developmental Science*, 16 (2)

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Opportunities

- 1 **Think about everything you do during the day with your child. It may be an ordinary day, doing ordinary things such as getting dressed, having a meal, shopping. Or, you might want to consider the day when your child heard the most speech.**

2

Ask yourself:

What do I do with my child across the day?

What do others do with my child? (Write them on the timeline)



3

Ask yourself:

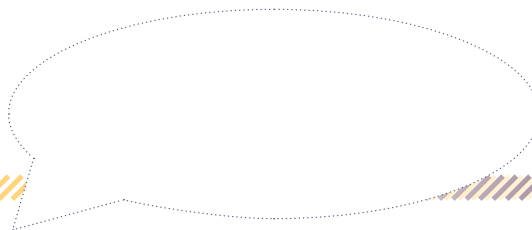
When do I put the processors on and off? (Mark this on the timeline.)

What happens when they come off during the day? What do I do?

Quantity & Diversity: Talk!

- 1 Pick one of the activities from the timeline and write it in the speech bubble:

Less talk



More talk

2

Ask yourself:

On a day when I talk a little,
what might I say to get through the activity?
What simple directions might I say?
What controlling things might I say?

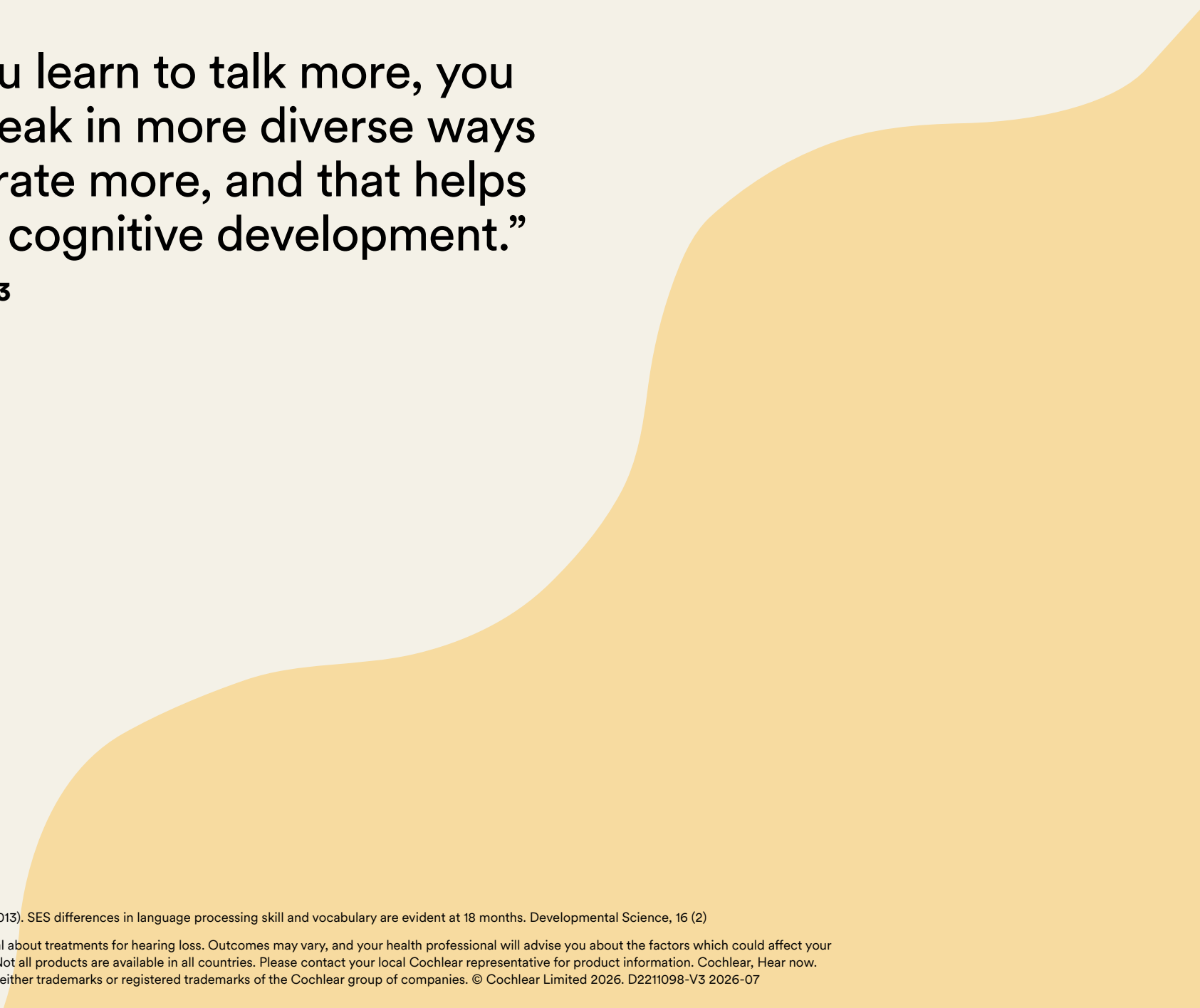
3

Ask yourself:

If I talk more what extra things might I say?
What positive things might I say?

(Write in the boxes below.)

(Write in the boxes below.)



“When you learn to talk more, you
tend to speak in more diverse ways
and elaborate more, and that helps
the child’s cognitive development.”

Fernald et al, 2013

Fernald, A., Marchman, V. A., & Weisleder, A. (2013). SES differences in language processing skill and vocabulary are evident at 18 months. *Developmental Science*, 16 (2)

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Hear now. And always

Cochlear is dedicated to helping people with moderate to profound hearing loss experience a world full of hearing. As the global leader in implantable hearing solutions, we have provided more than 750,000 devices and helped 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 next generation technologies. We collaborate with leading clinical, research and support networks to advance hearing science and improve care.

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

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