



REAL LIFE TIPS



How to Manage Listening Fatigue

Children with hearing loss have to concentrate more than their hearing peers to hear, comprehend and respond effectively. There is a lot of energy required in lip reading, interpreting expressions, and filling in the gaps in conversations. It is no wonder our kids are in a state of exhaustion when they get home from school. Here are some ways your child can manage their listening fatigue:

Use hearing aids/cochlear implants and other devices to make listening easier.



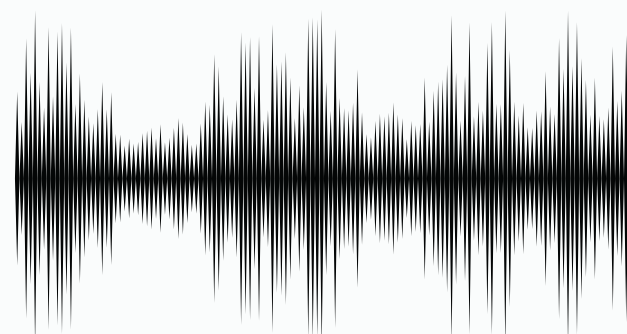
Practice deep breathing, mindfulness, or relaxation.



Encourage your child to have quiet times away from noise, which may include removing their devices.



Let them know that it is okay to be tired and to take a nap if needed.



Eliminate background noise where possible.



Teach your child to advocate for themselves, for example, asking to move seats in class if they can't hear properly.

Use captions when watching TV.

