

The Auditory System (Hearing)



What is it?

The auditory system plays a role in hearing, listening, interpreting speech, localizing and attending to sound, and filtering out sound and noises. A child with auditory sensitivity is often alerted to noises that a typically functioning nervous system would filter out.

What are Signs of Auditory Sensitivity?

Your child may display some of the following signs:

- Covering ears in response to sounds
- Becoming upset or melting down following/during loud sounds
- Is easily distracted by background noise
- Talks in really high or really low volumes at unpredictable times
- Tries to talk over loud sounds
- Difficulty focusing in school



How Can I Help My Child?

- Allow your child to use headphones when around louder noises
- Play rhythmic and soothing music (Mozart, nature sounds, white noise), to help calm your child
- Give a warning before loud sounds
- Provide simple instructions (one step at a time) to allow for additional processing time.

Tips When Trying New Strategies:

- Pay attention to your child's response and discontinue if the strategy being used is causing more distress.
- Be patient, we all respond differently to sensory strategies

How Can an Occupational Therapist Help?

- An occupational therapist can you explore different calming strategies that work for you and your child
- Collaborate with educators and teachers to help your child be successful in school
- Utilize therapeutic listening and auditory desensitization techniques if appropriate for your child

If you have concerns about your child's hearing please consult with your child's doctor.

