

The Developing Child with Unilateral Hearing Loss: EXPERIENCING UNILATERAL HEARING LOSS

You need to experience hearing loss in only one ear yourself

- Buy foam ear plugs at the hardware or drug department of a large store.
- Be sure to insert it correctly so it causes a mild (30-35 dB) hearing loss.
- Be ready to record your thoughts as you try the different activities.
- Make a commitment to yourself to wear one earplug **for at least 3 hours**.

Activities to take turns doing with one or more people in your 3 hours:

1. Spend time talking quietly with someone with the television on in the background.
2. Use some of the listening activities below from another room or from across a large room

QUIET Activities	TYPICAL Loudness Activities	LOUD Activities
Whispered voice	Water running full on	"moo, moo" in loud voice
Rubbing palms together briskly	Song (Mary had a little lamb)	Loud door knock (knuckles)
Quiet clucking tongue	Clapping hands, quiet applause	Clacking spoons on hand
"buh buh buh" said quietly	"ship, ship, ship" said normally	Hit fry pan with metal spoon

- a. when you are not looking at the other person
 - b. when you are reading or doing something you really enjoy or that interests you
 - c. in quiet
 - d. when there is background noise.
3. Listen to a TV show or radio show – don't turn up the volume.
 4. Have a conversation sitting close with no background noise.
 5. Talk in the car with your 'bad ear' toward the person speaking while driving
 6. Talk to someone outside at a distance.

Your thoughts and reactions: *(Think in terms of Listening Bubble size)*

What was your amount of effort to understand all speech in:

Quiet _____

Across room _____

Another room _____

Noise (TV) _____

Sounds that were harder to hear _____

In car _____ Outside distance _____

How much effort did it take you to listen? _____

How did background noise affect your ability to pay attention and easily understand what was said?

What was the difference between having a conversation within a few feet and from across the room, outside or in the car? _____

Other thoughts? _____

Remember – you already have developed language and have the ability to 'fill in the blanks' if you miss part of a word. Your child is still developing language and does not have this same ability to "guess".

SUGGESTED FOR HOME VISIT 1