

ReSound Up Smart™

# Helping your child learn language

A guide for parents and caregivers



PEDIATRICS

ReSound





Your child's hearing aids amplify the sounds in the environment.

**The goal of your child wearing hearing aids is to ensure constant and consistent audibility of speech at safe and comfortable levels.**

The first three years of life are a crucial time for language learning. Early auditory stimulation and exposure to speech and language is the key to this developmental process.

This booklet provides concrete examples of ways to support listening, speech and language development. It also covers developmental milestones.

## Communication with your child

**Children begin communicating the day they are born.**

Babies and parents establish unique ways of communicating through their own special connections. Regardless of a child's ability to hear, parent-child communication and interaction is very important.

**Suggestions for good communication with your child:**

- Talk to your child often. Speak clearly, at a normal conversational level and at close range.
- Lots of eye contact, touching, hugs and kisses help your baby learn how to interact.
- Face-to-face conversations are good for everyone, but especially for children. Children learn language through watching your mouth move and your facial expressions, as well as through listening.
- You promote speech and language development through interactions with your child – through playing, reading stories aloud, listening to music and other shared daily activities.





## How can you maximize the benefits of wearing hearing aids for your child?

### **Adequate access to sound is fundamental for your child's speech and language development.**

Every waking hour in your child's day is a potential listening and learning opportunity. Hearing aids and/or assistive listening devices can help ensure that sounds are accessible to your child, so that the opportunities for learning speech and language are maximized.

### **There are several ways you can optimize your child's access to sounds:**

- Be aware of your child's listening environment, including the amount of background noise. The ability to hear the speaker can be adversely affected by background noise, which can make listening difficult. Background noise can arise from all kinds of noise sources, for example, the TV, radio, fans, car engines or other people speaking.
- Minimize the distance between the child and the speaker. The optimal distance is within 1-2 meters. To stay close, bend down to the child's level when you speak. Speak distinctly and clearly, but not in a loud or shouting tone. Shouting can reduce speech clarity.
- Try to move in front of your child if he or she is facing away.
- If your child doesn't hear or understand what is being said, rephrase it in a simpler or different way. Use signs or gestures to reinforce the message.
- Consider using assistive listening devices such as the ReSound Unite™ Mini Microphone or an FM system to increase the audibility of the speech in background noise.
- Encourage your child to wear hearing aids as much as possible – all day is best. Provide lots of positive reinforcement and praise for wearing the hearing aids.





# Listening, speech and language milestones

These tables show what your child might be doing at the ages of 0-6 months, 6-12 months, 1-2 years, 2-3 years and 3-4 years. Remember, this is only a guideline. Children often develop according to their own unique timelines. \*

## 0-6 months

Possible language skills	How you can help support your child's language development
<ul style="list-style-type: none"> <li>Startles to loud sounds</li> <li>Produces different cries for different purposes (hunger, pain, wet diaper, needs contact)</li> <li>Makes noises to voice displeasure or satisfaction</li> <li>Babbles</li> </ul>	<ul style="list-style-type: none"> <li>When babies babble, gurgle and coo, respond with the same sounds</li> <li>Talk to your baby when you feed, dress, hold, cuddle and play</li> <li>Sing songs</li> <li>Play music</li> </ul>



Possible listening skills	How you can help support your child's listening skills
<ul style="list-style-type: none"> <li>Recognizes and looks for familiar voices and sounds and quiets when she hears one</li> <li>Can discriminate speech sounds from non-speech sounds</li> <li>Turns head towards sounds</li> <li>Watches toys that makes noise and play music</li> </ul>	<ul style="list-style-type: none"> <li>Use special intonation when speaking to your child</li> <li>Pay attention to sounds in the environment and point out the source of the sound</li> </ul>

\*From Oeserreich L. Understanding Children Language Development Guidelines and American Speech-Language Hearing Association Website (2011). How does your child hear and talk?

# Listening, speech and language milestones



## 6-12 months

Possible language skills	How you can help support your child's language development
<ul style="list-style-type: none"> <li>• Understands the names of some familiar objects</li> <li>• Shows interest in picture books</li> <li>• Pays attention to conversation</li> <li>• Babbles expressively as if talking</li> <li>• Babbles in syllable structure ("dada" and "mama")</li> <li>• Understands "no" and "bye-bye"</li> <li>• The first word may appear</li> </ul>	<ul style="list-style-type: none"> <li>• Teach babies their names and the names of familiar objects</li> <li>• Narrate what you are doing ("Now I am getting the milk")</li> <li>• Play peek-a-boo</li> <li>• Hold your child in your lap and show him or her pictures in magazines and books</li> <li>• Sing simple songs</li> </ul>

Possible listening skills	How you can help support your child's listening skills
<ul style="list-style-type: none"> <li>• Responds to own name</li> <li>• Turns head in response to sound</li> <li>• Begins to respond to simple requests</li> </ul>	<ul style="list-style-type: none"> <li>• Pay attention to sounds ("Listen, can you hear the dog barking?")</li> <li>• Give very simple instructions (e.g., "Bring the car," "Come here")</li> </ul>

## 1-2 years

Possible language skills	How you can help support your child's language development
<ul style="list-style-type: none"> <li>• Imitates many new words</li> <li>• Says two or more words</li> <li>• Talks in what sounds like sentences</li> <li>• Imitates familiar noises like cars, planes, birds</li> <li>• Gives one-word answers to questions</li> <li>• Can tell you what he/she wants by pointing or using one-word utterances</li> <li>• Uses own first name</li> <li>• Uses some degree of echolalia (repeating a word or phrase over and over)</li> <li>• Says names of toys and familiar objects</li> <li>• Uses two to three word sentences like "Go bye-bye," "My shoe" and "More juice"</li> <li>• Hums or tries to sing simple songs</li> <li>• Speaks 10 to 20 words: 12 - 18 months: 3 -10 words 18 - 24 months: 10 - 100 words</li> </ul>	<ul style="list-style-type: none"> <li>• Teach your child the names of people, body parts and objects</li> <li>• Read every day from books with bright pictures of familiar objects such as people, flowers, houses and animals; name the objects</li> <li>• Speak clearly and simply</li> </ul>

Possible listening skills	How you can help support your child's listening skills
<ul style="list-style-type: none"> <li>• Follows simple, one-step instructions</li> <li>• Turns head toward sounds from all directions</li> <li>• Looks at person talking</li> <li>• Points to a few body parts when asked</li> <li>• Listens to simple stories, songs and rhymes</li> <li>• Understand more words: 12 - 18 months: 75 - 100 words 18 - 24 months: 100 - 200 words</li> </ul>	<ul style="list-style-type: none"> <li>• Give simple instructions ("Give the car to John")</li> <li>• Encourage your child to repeat short sentences</li> <li>• Read rhymes with interesting sounds, especially those accompanied by actions or pictures</li> <li>• Teach the sounds that different things make</li> </ul>



# Listening, speech and language milestones



## 2-3 years

Possible language skills	How you can help support your child's language development
<ul style="list-style-type: none"> <li>• Uses simple phrases and sentences</li> <li>• Starts to say plural and past tense words</li> <li>• Uses two- to three-word sentences</li> <li>• Enjoys looking at books</li> <li>• Vocabulary expands up to 500 words</li> </ul>	<ul style="list-style-type: none"> <li>• Play word games like "This Little Piggy"</li> <li>• Play games like "Memory"</li> <li>• Talk and read with your child every day</li> <li>• Answer a question with a full sentence, not just with "yes" or "no"</li> </ul>

Possible listening skills	How you can help support your child's listening skills
<ul style="list-style-type: none"> <li>• Responds to simple directions</li> <li>• Responds when called by name</li> <li>• Enjoys simple stories, rhymes and songs</li> <li>• Repeats words spoken by someone else</li> <li>• Points to eyes, ears or nose when asked</li> </ul>	<ul style="list-style-type: none"> <li>• Teach your child simple songs and rhymes</li> <li>• Find Apps that encourage your child to listen and repeat words</li> </ul>



## 3-4 years

Possible language skills	How you can help support your child's language development
<ul style="list-style-type: none"> <li>• Says own first and last name</li> <li>• Understands location words like "Over," "Under," "On" and "In"</li> <li>• Understands "Now," "Soon" and "Later"</li> <li>• Asks who, what, where and why questions</li> <li>• Talks in complete sentences of 3 to 5 words: "Mommy is eating an apple." "My dress is yellow"</li> <li>• Enjoys repeating words and sounds over and over</li> <li>• Enjoys telling simple stories from pictures or books</li> <li>• Likes to sing and can carry a simple tune</li> <li>• Identifies common colors such as red, blue, yellow and green</li> </ul>	<ul style="list-style-type: none"> <li>• Include your child in everyday conversation. Talk about what you are going to do, ask questions, listen</li> <li>• Play simple games that teach concepts like over, under, on, and in</li> <li>• Read books with poems, songs, and rhymes</li> <li>• Help your child expand their language complexity. Child: "The Doll is sleeping". Adult: "Yes the Doll is sleeping in her bed, do you want to snuggle her?"</li> </ul>

Possible listening skills	How you can help support your child's listening skills
<ul style="list-style-type: none"> <li>• Likes familiar stories told without any changes in words</li> <li>• Enjoys listening to stories and repeating simple rhymes</li> <li>• Recognizes common, everyday sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage your child to repeat favorite stories</li> <li>• Encourage your child to repeat simple rhymes</li> <li>• Talk about sounds in the environment</li> </ul>

### References:

American Speech-Language Hearing Association Website (2011). How does your child hear and talk? Retrieved from <http://www.asha.org/public/speech/development/www.babyhearing.org>

Lanza, J.R. & Flahive, L.K. (2008). LinguSystems guide to communication milestones: 2009 Edition. East Moline, IL: LinguSystems, Inc. Retrieved from <http://www.linguisticsystems.com/pdf/Milestonesguide.pdf> (11-27-2011)

Oesterreich L.. Understanding Children Language Development. Guidelines.The Ohio State University. <http://ohioline.osu.edu/uc/pdf/1529f.pdf>

# ReSound



ReSound® develops hearing solutions that emulate the natural ear. They let people forget their hearing loss and that they're wearing hearing instruments – enabling them to live rich, active and fulfilling lives.

ReSound Up Smart™ brings industry-transforming ReSound® technology to hearing care for children. Together with the unique ReSound Unite™ Mini Microphone, ReSound Up Smart™ maximizes speech and language development for children of all ages.

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