

Sense of hearing (Auditory)

Auditory processing refers to how the brain recognises and makes sense of sounds. Sounds consist of loudness, pitch, how long it lasts for and where it is coming from. We may need more or less noise in our environment in order to help us focus on a task.

Signs of difficulty relating to the auditory system

What you may observe	Possible solutions to try
<ul style="list-style-type: none">• Child over-reacts to loud noise, thunder, vacuum cleaner, hairdryer, fire drills or sudden noises.• Child often places their hands over their ears.• Child appears less able to concentrate or focus in a noisy environment.• Child makes own noises more persistently than peer group.• Show frequent startle reactions to noise.• Notices or is bothered by quiet sounds that others may not notice.	<ul style="list-style-type: none">• Encourage the use of body movement (proprioceptive) activities as detailed previously.• Soft, calm music played into ear phones may aid concentration and calm a child. Try using classical music. Make sure the music is not played too loudly through the earphones• Allow the child to carry out activities in a quiet environment at intervals throughout the day.• Allow the child something to fidget with something, and use the proprioceptive activities.• White noise can be downloaded from the internet and this can also be useful when played quietly through ear phones.• If the response is extreme, ear defenders can be useful to reduce anxiety at noisier, busier times i.e. fireworks, busy supermarket (see equipment providers below)