



Tips for Creating an Optimal Listening Environment

When it comes to an LSL-friendly house, the less noise the better. Make listening easy with these practical tips to make your family's home a fun and effective listening environment for your child with hearing loss.

- **TAKE A WALK:**

Walk around your home at different parts of the day to observe and listen to the sources and locations of the noise.

- **APPSOLUTELY ENLIGHTENING:**

Download a [Sound Meter Level app](#) to calculate noise levels of specific areas of the house.

- **QUICK COMPARISON:**

Assess your home routines and their noise levels when your child is outside in comparison to when your child is alert, active and ready to listen.

- **CHANGE UP THE ROUTINE:**

Consider running the dishwasher in the middle of the night, and try to wash clothes or vacuum after your child's bedtime. If chores have to be done during listening hours, try closing the door between your child and appliances in use, such as those in a kitchen, TV room or laundry room.

- **QUIET MEETS QUALITY TIME:**

Go to another quiet room for some of the caregiving such as changing a diaper or feeding your child, allowing for a quieter opportunity to interact with your child.

- **TURN OFF AND TUNE IN:**

Avoid background noise such as radio or TV when it is not being watched.

- **CONSIDER SOUND WHEN PURCHASING:**

When buying certain appliances, such as a fan, range hood, or dishwasher, ask about its noise rating. Some ratings are given in "sones": the lower the sone number, the quieter the unit.

- **COVER UP NOISEMAKERS:**

Place carpets or area rugs over hard flooring, and use more cushions, curtains and wall coverings to absorb noise.