

Help Me Learn to Listen

Babies and toddlers can show you they are listening by doing some of the following:

- 🥕 Widening their eyes/pupils
- 🥕 Looking in the direction of the sound
- 🥕 Becoming still
- 🥕 Smiling or changing facial expression
- 🥕 Changing the sounds they are making
- 🥕 Reaching
- 🥕 Pointing
- 🥕 Body movements such as jerks
- 🥕 Gesture
- 🥕 Copying sounds or words they have listened to

To develop listening:

- 🥕 Reduce background noise and other distractions
- 🥕 Take into account the child's interest and preference e.g. if your child loves animals, use animal sounds
- 🥕 You can make the sounds such as animal sounds and use toys, instruments and household items to make sounds
- 🥕 Look for signs that the child is listening, see the list above e.g. the toddler might look and then point towards the sound
- 🥕 If using objects, let the child explore them by touching and looking, taking safety into account
- 🥕 Keep still and wait for the child's response to the sound. Use words he knows and comment when the child has reacted to the sound e.g. When playing with a baby, instead of saying 'What is that sound we can hear?' you might just show an expectant face, and take a sharp breath or say 'Oh?' or say 'I hear something'

