

## Preparing your Child for Play Audiometry (Hearing Test)

Some children have their hearing tested using Play Audiometry. This is where they are taught to play a game to show what level of sound they can hear. Some children are usually ready for this test at around 2 and half years old, although this varies a lot between children. There are some things you can do at home to help your child to be ready for this test.

### Practice listening games

Play a game with your child where they have to do something every time they hear a sound. You can say 'Beep!' or you can make a different sound, for example with an instrument.

The child should be asked to do a simple but fun task every time you make the sound, for example:

- Throw a ball into a bucket
- Add a block onto a tower
- Push a toy car along the table
- Drop blocks/beads/dry pasta into a bowl



### Helpful Tips

- Make sure the sound is loud and clear. The purpose of practicing these games is to teach them how to wait for a sound, rather than to test their hearing levels.
- To begin with, show your child what you want them to do. You can also hold their hand and guide them when the sound is made.
- If they don't wait for the sound, remind them to wait and show them what to do again.
- Give them lots of praise and encouragement.
- Don't worry if they get bored quickly. Even small amounts of practice will be helpful!

### Play other 'Ready, Steady....Go!' games

If your child is struggling with the games described above, you may want to start with other activities that involve having to wait until they hear 'Ready, Steady, Go!' This will help them to develop their attention and waiting skills.

Some examples you can try:

- Roll a ball between you and your child.
- Build a tower of blocks, which they can knock over when you say go.
- Play 'statues' – get them to stand still and then start moving again when you say go.
- Use a shaker or drum which they can play when you say go.
- Blow bubbles and get the child to wait for 'go' before they can pop them.