



## Communication Tips for Junior (9-18 years)

### Communicating with your hearing loss

One of the most important factors for effective communication is you! Every single day there are conversations to enjoy. There are many things you can do to improve your communication skills. You may want to start writing a diary to jot down your own feelings and any questions you have for your next appointment. Ask your Hearing Care Professional for a Diary of Observations.

### Communication tips

Use these tips to help communicate better:

- Be open with people about your hearing loss.
- Ask people to speak clearly and naturally. Shouting can cause distortion of lip patterns.
- Ask people to get your attention before they speak to you.
- If you don't understand the first time, try to keep calm and don't panic. Ask the speaker to repeat, speak more slowly or to say it in a different way.
- Make sure that you can see the speaker's face and lips. Their facial expression and gestures will help you to understand what they are saying.
- Try to keep background noise to a minimum (e.g. turn off the TV/radio).
- If your hearing is not the same in both ears, try turning your better ear to the speaker.
- If you don't already lip read, consider joining a course to learn.
- Be aware that you may need to concentrate harder when listening, so you may feel more tired at the end of the day.
- Don't be too hard on yourself. Nobody hears correctly all of the time.

### Some useful websites

The Royal National Institute for the Deaf (RNID)

[www.rnid.org.uk](http://www.rnid.org.uk)

The National Deaf Children's Society (NDCS)

[www.ndcs.co.uk](http://www.ndcs.co.uk)

For more detailed information, please visit:

[www.phonak.com](http://www.phonak.com)