



# Take Five

Help your baby build connections and grow their brain for listening and spoken language. Providing meaningful listening and talking experiences every day can grow your baby's future.

**The first five minutes of the day can make a difference in your child's progress toward listening, talking, and reading.** Your child needs good access to meaningful speech and to be ready to learn. Hearing devices should be put on first thing each and every day.



**First thing in the morning, check your child's devices** to make sure they're in working order. This means check the batteries and all other parts. Your pediatric audiologist can coach you in this process for your child's specific devices.



**Get your child's hearing devices on their ears as soon as they are awake.** If you're a hearing parent, you can hear all of the sounds around you the moment you wake up. Your child needs to hear your voice and all of the sounds of the home from the very first minute they are awake.



**Do a quick listening check.** You want to make sure that with the hearing devices checked and on their ears, your child can hear all of the sounds of speech as the devices are programmed. Your LSL early interventionist can coach you to do a listening check that is best for your baby's needs.

## OBSERVE

Is your baby responding to your voice when the hearing devices are on? Did your baby alert to all of the sounds when they were presented? Write down the sounds that your child doesn't alert to so that you can share this with your early interventionist.

## REMEMBER

The first five minutes can be the most important of your child's day, and the more you know about your child's responses to sound, the more opportunities your child has to learn to listen and talk.