



## Design Your Home – How to Create an Optimal Listening Environment

Did you know that it's easier for your child to learn to listen and talk in a quieter environment?

Subtle background noise in your home can make it difficult for your child to hear all the sounds of speech as they are learning new words.

There are many ways you can make listening and learning easier at home. Here are a few easy tips:

**Quality counts.** A quiet environment improves the LSL experience. Take advantage of quieter times of the day to foster meaningful interactions like feeding time or when you're changing their diaper.

**Know your home.** Take notice of your home routines and their noise levels when your child is alert, active and ready to listen. Wait to run the dishwasher or washing machine until naptime. Turn off the TV or music when playing or sharing books with your child.

**Create quiet.** Our homes can be noisy places! Become aware of all the background noise in your home and try to reduce them as much as possible. Placing carpets or area rugs over hard flooring, and using more cushions, curtains and wall coverings can help absorb noise.

When it comes to an LSL-friendly house, the less noise the better. Reducing overall background noise can truly make a difference to help your child learn to listen and talk

For more practical tips like these and to download a checklist for making the best home environment, visit us at the website below.