

Book / Video:	<p>"7 Colours of a Rainbow" by Caren Echesa</p> <ul style="list-style-type: none"> ▪ Spoken English: https://www.youtube.com/watch?v=q0VHqcx7AE ▪ Bi-Bi ASL-ENG: https://www.youtube.com/watch?v=jQOpG2R0dLQ ▪ Child Signer: https://www.youtube.com/watch?v=GZIURaL7wtQ
Song:	<ul style="list-style-type: none"> ▪ "The Rainbow Colors Song": https://www.youtube.com/watch?v=xRs_cZjH6Kw ▪ "The Colors Song": https://www.youtube.com/watch?v=pUPM3DtK9so
Parent Education:	Building Trust (see handout)
Vision:	"Bonding With Your Blind Baby" (see handout)
Daily Check:	<ul style="list-style-type: none"> ▪ Troubleshoot hearing device ▪ Wear hearing device at all times, except when sleeping and bathing
Language:	<p>DESCRIBE ACTIONS AND THOUGHTS (see LSL handout)</p> <ul style="list-style-type: none"> ▪ Much like a sports announcer, describing the play-by-play action of what your baby experiences every day will help them grow their listening and language skills. This self-talk provides your baby with the opportunity to hear lots of words so they can reach hearing 40 million words by age 4. As your child gets older, continuing to talk out loud about your thoughts helps them learn that others may have thoughts and feelings different from their own. ▪ https://healthyathome.readyrosie.com/en/ <ul style="list-style-type: none"> ○ go under: Week of March 23, 2020: Creating a daily plan ○ Infant: click "EXPLORE"
ASL:	<p>Signing Time: The Rainbow Song</p> <p>https://www.youtube.com/watch?v=xRs_cZjH6Kw</p>

BUILDING A TOY USING EVERYDAY MATERIALS

SENSORY BOARD/MAT

Find things around the house that have different attributes, such as different:

- Colors
- Shapes
- Sizes
- Textures
- Hardness
- Etc...

Or...


Place a few objects with interesting colors, shapes, sizes or textures (e.g., whisks, bumpy gourds, potato masher, lids, rolling pin, ...) on a blanket for infants to explore.



PEEKABOO SENSORY BOARD



Building Trust

A photograph of a woman with short dark hair, wearing a light blue button-down shirt, smiling warmly as she holds a baby. The baby is wearing a white ruffled outfit. The photo is framed with a thick orange border.

*I love you
so much.*

Communicate love through calm, warm body contact, and soothing words.

Responding to your baby in a loving way teaches her that she can trust you.



Why this is important

Your baby learns to love and trust from your loving words and actions. Responding to her in a positive way lets her know that she can trust you with her needs and feelings. When you hold her close while you feed her, the warmth of your body and the gentle sound of your voice help build her trust in you. When you respond to your baby's cries you are teaching her about communication. She is learning that her sounds cause something to happen that makes her feel comfortable again. Your baby's trust in one or two important people will give her the confidence and security she needs later to explore her world and build relationships with others.

What you do

- Go quickly to your baby when she expresses discomfort. This shows her that you care.
- Hold her close to you. Because she cannot yet understand your words, it is important to convey love with body language, facial expressions, and soothing sounds.
- Give her your full attention when taking care of her needs such as diapering, feeding, and bathing.
- Smile, cuddle, rock, and talk to her.
- Notice how your baby responds to you with sounds or movement. Let her know you understand she is communicating with you. *Oh, my sweet baby. I feel you snuggling into me. You are very sleepy.*

Another idea

Use this method of lovingly responding to her throughout the day. Your baby feels secure when you offer love consistently and confidently. If you feel like picking her up, do not wait until she cries. She will thrive on your attention and affection.

Let's read together!

Time for Bed
by Mem Fox

Bonding with Your Blind Baby

You hear your baby wake from her nap, and you walk toward her room. She's lying in her crib cooing, then suddenly, as you walk into the room, she stops—and your first thought is, “She's not happy that I'm here.”

If you've had that reaction, you're not the only one who has. Many parents who have a blind or visually impaired baby have had similar feelings. What's probably happening is that your baby has stopped making sounds in order to listen and figure out what that other sound is. She can't see you clearly, or maybe not at all, so she has to use her hearing to try to understand what's going on.

Because your baby has a visual impairment, she won't necessarily respond to a smile, a wave of your hand, or a funny face, the way a sighted baby does. When you reach down to pick her up, she may stiffen because she's startled. She may not smile at you because she can't see that you're smiling at her. It may sometimes be easy to think that your baby doesn't love you or you've done something wrong.

Getting to Know One Another

What's needed is a little time for you to become used to your baby's reactions to you and the world around her. While you see her clearly, she may see you as a hazy shadow. But your baby needs a period of adjustment, too — to learn from her other senses and get used to the sound of your voice, the touch of your hands, and the scent of you when you hug her. Here are a few ideas that might help:

- **Talk to your baby** as you walk toward her room. Start talking to her before you get to the door. This will give her time to realize you're nearby.
- **Continue to be loving and affectionate**, even if she doesn't respond the way you'd expect.
- **Touch your baby before you pick her up.** If you always say, “I'm going to pick you up now,” as you stroke her arm or rub her tummy, she'll come to understand that the words and the touch mean she's going to be lifted.
- **Show your baby things that you're going to use on her body before you use them.** Let her feel them and smell them. If her nose needs to be wiped, let her touch the tissue and guide her hand with yours to bring it to her nose. When a baby is suddenly touched by something she doesn't expect to feel, she may be startled and start to cry. Help her learn to anticipate what's about to happen.
- **Get creative.** Your baby may not respond to the smiles or silly faces you make to try to get her to smile or laugh. So, you'll need to find other ways to get that smile or giggle out of her. Tickling, gently swinging her up and down, or singing little songs are some of the ways to get her to have fun with you.



Listening and Spoken Language (LSL) Strategies and Techniques

The goal of LSL is for your child to develop listening and spoken language skills just like their hearing friends. To achieve this goal, there are specialized LSL strategies and techniques that you can learn, which place an emphasis on learning spoken language through listening. These strategies and techniques take full advantage of an open doorway to the brain, which is prewired to learn spoken language.



DIRECT THE CHILD TO LISTEN

Whenever you hear a sound or a person talking, or before you start talking to your child, make sure you have their auditory attention. You can do this by pointing to your ear to alert the child that there is important auditory information to listen to. Another way, is to say “Listen!” These strategies provide the child with an opportunity to detect and pay attention to the sounds and speech around them.



POINT OUT SOUND AND NAME IT

Say, “I hear a [name of sound].” Then imitate the sound, and name it again.

Example: “Listen! I hear an airplane.” (Pause and point towards the airplane.) “Ahhhhhh!” (Imitate the sound.) “The airplane is flying.” (Add a comment: use the word in a simple sentence.) “It’s an airplane!” (Use the word again at the end of a short sentence.)

When you direct your child to listen, point out the sound, name it, and talk about it, they learn that sound and speech are important. It helps your child begin to understand the meaning of sound and spoken language.



USE AUDITION FIRST

Let your child hear a sound before you show it to them. This provides ear contact before eye contact, which is critical to grow your baby’s brain for auditory skills. So talk about an object before you show it to them, start a song or fingerplay before beginning the motions, or talk about the page in a book before you turn the page. This will provide lots of opportunities for your baby to learn to listen throughout the day.



DESCRIBE ACTIONS AND THOUGHTS

Much like a sports announcer, describing the play-by-play action of what your baby experiences every day will help them grow their listening and language skills. This self-talk provides your baby with the opportunity to hear lots of words so they can reach hearing 40 million words by age 4. As your child gets older, continuing to talk out loud about your thoughts helps them learn that others may have thoughts and feelings different from their own.



KEEP THE SERVE AND RETURN GOING

Practice by expecting a response from your baby. Use pausing, waiting, and leaning in with an expectant look to encourage a response from your baby. This teaches them the power of turn-taking in conversations. For older children, use another person to model the answer to a question or provide the opportunity for the child to fill in a missing word. When a child engages in serve and return, the connections in the brain grow and become stronger, which is critical for listening, spoken language, and reading.



MAKE IT EASIER TO LISTEN

Control the listening environment and place emphasis on sounds and words. As a new listener, your baby needs a quieter environment with background noises at a minimum. Because your baby hasn’t fully developed their spoken language skills yet, they aren’t able to fill in any missing sounds or words. You can emphasize sounds and make words easier to hear by whispering, becoming a “drama momma” or “dramatic daddy” by using a voice rich in tone and melody, or by using acoustic highlighting, which means making a sound longer than normal in a word or saying a word in a singsong way. After emphasizing a sound or word in any of these ways and following the child’s response, reinforce the learning by saying it again as you normally would.

EXPECT AN ANSWER



Help your child learn to answer questions by changing your questions from open-set questions, such as “How many crackers do you want?”, to a closed-set question that has a limited choice of answers, like “How many crackers do you want: one or two?” Providing choices helps a child with limited vocabulary and spoken language skills. These techniques help your child gain confidence in their skills. The goal is to continually raise the bar as they learn and grow their listening and talking skills.

CREATE AN AUDITORY SANDWICH

Create an auditory sandwich when you speak to your child and you don’t think they understand. You can do other things to help reinforce the spoken word such as pointing, gesturing, or another visual cue to help them then put it back into listening by saying it again without the visual help. This will help your child improve their ability to understand spoken language through listening.



An auditory sandwich is made in three simple steps:

- Step 1 - Listen: Use the strategy of Audition First to talk to your child about an object or action. If they need more information to understand, then move to the next step.
- Step 2 - Add More: Provide another strategy to give your baby more information. This could be pointing toward the object to help them understand the phrase; or the acoustic highlighting strategy to emphasize a specific sound or word.
- Step 3 - Listen: Without any pointing or gesturing, put what you said back into listening by saying the same phrase or word as you would normally say it.

EXPAND AND EXTEND YOUR CHILD’S UTTERANCES



Add your words to their comments to expand and model more complex language or extend the comment by talking about past or future experiences. For example, if your baby says, “Ball,” you could expand their utterance by saying, “Yes, you have a big ball. Roll the ball.” As your child learns more words, keep raising the bar by using new words that mean the same thing. This will help to continue growing their vocabulary instead of getting stuck in a rut and only using words that you know the child can understand, which stifles vocabulary growth. For example, once your baby is saying, “Bye-bye,” begin to extend their vocabulary and understanding by adding new words and phrases that mean the same thing, such as “See you later,” or “So long!”

ASK “WHAT DID YOU HEAR?”



Encourage your child to listen the first time something is said or asked of them. Children with hearing loss can often develop a habit of asking “Huh?” or “What?” Asking “What did you hear?” can break this habit, teach them to listen the first time, and build their confidence in their listening skills. For example, if you ask “Where do you want to go for lunch?” and your child replies “Huh?”, follow up by asking “What did you hear?” If your child responds “Lunch?”, say “Good for you. Where do you want to go for lunch?” Using “What did you hear?” is also a diagnostic tool to learn if your child is consistently missing part of a message. This will inform you and your LSL interventionist about your child’s auditory skill development.

For more resources on using LSL Strategies & Techniques including downloadable handouts visit <http://hearingfirst.org/learning-growing-lsl/lsl-strategies-techniques>.