made2move:therapy4kids

Sounds in my ear

Auditory defensiveness: Extreme difficulty processing normal sounds in an environment.

To some children, the energy to process these sounds is so extreme that it can send the child into a state of fight or flight.   The stapedius is not serving the system and as a result, individuals perceive sounds as explosions.

Stapedius
- located in the inner ear and is the smallest muscle in the human body
- when a loud sound is heard, the stapedius aids to reduce excessive vibration and protect the inner ear
- acts like a sound filter

Symptoms that a child might have difficulty processing sounds:
- Covering ears with loud sounds (alarm, fire truck, vacuum, etc)
- Behavior problems when in congested or loud area/room
- Lashing out with loud sound
- Difficulty processing directions in loud area
- Dislike of loud items (toilet flush, vacuum, pencil sharpener, etc)
- Avoidance of activities in loud setting (cafeteria, PE, parties, etc)
- Asks other to be quiet
- Hears humming of fans or buzzing of florescent lighting

Strategies:
- Environmental modifications
  - Speaker cover or filter
  - Ear phones to filter excess noise
  - Rugs or carpets on the floor decrease the echo
  - Seating near speaker
  - Soft music in the background (Mozart, Gregorian chant, Rhythmic drumming)
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- Energy yawn
  - Place fingertips where jaw opens and closes. Inhale and gently drop lower jaw. Exhale count of 7 while gently massaging in circular direction
  - On exhale add high to low pitch yawn
- Thinking cap
  - Place both hands on the ears at the top. Gently unfold or unroll from top to bottom. Repeat 4-6x.
  - Gently hold in a variety of spots
- Professional programs
  - Rhythmic entrainment intervention www.stronginstitute.com
  - Listening program
  - Therapeutic listening