

Sounds around me

Age: 15–24 months

Resources: None needed

Tips:

It's important to help your child to understand the sounds around them, both indoors and out. Some noises may direct your child towards a favourite toy or indicate a certain daily routine. For example, water running in the bath may let your child know it's the start of their bedtime routine.

Activity:

Tell your child about key noises inside and outside the home. If the noise is in a different room, ask them to listen carefully and tell them the noise.

Some noises can be quite startling (for example, hair driers and hoovers), so introducing these from a distance may be better.

'Listen can you hear...?'

- Washing Machine
- Hoover
- Bath running
- Hair drier

By listening to noises in **different rooms**, your child will start to associate loudness with distance. They may begin to realise the closer they get to the source of a sound that loudness increases.

When playing outdoors, encourage your child to **listen for different sounds** and again label these for your child to explain what the noises and sounds related to. For example, listen for the birds, different traffic noise, the pedestrian crossing or a cyclist ringing a bicycle bell.

As your child grows and develops and begins to name noises, you could record a range of noises on your mobile phone and play them back as part of a game. See how many your child can identify.



Notes:

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 3 of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [**children@guidedogs.org.uk**](mailto:children@guidedogs.org.uk)