

Sound Therapy INTERNATIONAL

Sound Therapy

Children's

Program Instruction Guide

Rafeale Joudry's Sound Therapy



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What other listeners are saying:

"Our son John is in Grade six and showing terrific improvement in reading since beginning on the Sound Therapy tapes two months ago. He says a lot of people don't even know he has dyslexia anymore. His teachers are amazed and thrilled. We are so excited because last year John was in a special program but this year he's in a normal classroom situation. He was on medication for his learning disability but now he's off the Ritalin." *Judy and Gerrit Westerhof - parents of a child with dyslexia.*

"My pain is not as sharp and my sleep is less. The colours are beautiful. They stand out heaps and are richer and brighter. Reading - there are more gaps in between the letters. They stand out even more. This has helped a lot for me. Life is so much easier now. But of course I feel like a new person. The world has changed a lot." *Larissa Amy - 13 year old girl with Attention Deficit Disorder and higher functioning autism.*

"Emily before Sound Therapy was a very anxious, quiet, shy child who would cry at the drop of a hat and get very upset when she couldn't do things that other children could do in her class. After two weeks of Sound Therapy she was actually putting her hand up and wanting to answer questions, her confidence levels were very high and she was retaining information, which was most important. And she felt good about herself.

Julie Welch -Mother of a child with learning difficulties

Sound Therapy Children's Program Instruction Guide

How to Get Started

Helping your child to reach his or her full potential through Sound Therapy is as easy as A, B, C....



- A Read through this Instruction Guide
- B Start your child on a daily listening routine
- C Give your child a supplement once a day

Sound Therapy is safe, easy, and effective. So let's get started



LISTENING EQUIPMENT

Sound Therapy can only be listened to on the portable player that comes with your program. Do not attempt to copy or download the program as it requires special equipment and is copyright protected.

Does my child need Sound Therapy?

Sound Therapy is like exercise for the ears. Every child will benefit from Sound Therapy, just as every child needs to learn to run and jump.



Listening is the foundation for learning. Another word for listening and understanding is Auditory Processing.

Changes to expect

Children's responses to Sound Therapy vary greatly, but here are some of the most common changes.

- Child is more relaxed and happier.
- Eating and sleeping patterns are more regular.
- Nightmares and bed-wetting disappear.
- Behaviour improves.
- Child has less tension and anxiety.
- Child becomes more expressive and language improves.
- Child is more talkative and organized and logical in spoken and written communication.
- Attention and concentration improve, many reading problems are overcome.
- Child improves relationships with friends.
- Mothers observe the child to be more loving, affectionate and assertive.
- School performance and grades improve.
- Child becomes more mature, responsible and independent.
- Child improves relationships with peers and adults.
- Tasks and homework are completed quickly and easily.



Temporary adjustment problems

You may get some of these problems, but they will soon pass.

- **Pain in the ears**

A little pain in the ears as they are exercised by the music.

- **Fluids coming out of ears**

Fluids may come out as sinuses are unblocked.

- **Excessive sleepiness**

Child may become tired for a short while but this will balance out to a normal level.

- **Dizziness**

As the ears open and adjust to the sound, a temporary period of dizziness may be experienced.

- **Foetal position**

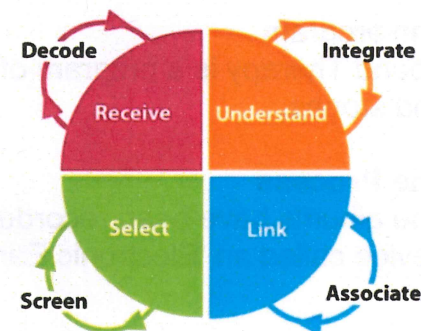
sometimes children with complicated developmental problems will curl up in a foetal position when they first begin listening to Sound Therapy.

- **Resistance to listening**

Children may be resistant or irritable at first but this will get better the more they listen.

For Older Children

Auditory processing is the link between hearing and understanding. The ear and the brain communicate with each other, just like two people having a conversation on the phone. Correct auditory processing requires a number of complex skills:



1. To be able to decode auditory signals

2. To integrate auditory information with other inputs in a meaningful way

3. To screen incoming sound for what is most relevant

4. To associate sounds with written language

Sound Therapy improves auditory processing

Sound Therapy for prevention

Sound Therapy can help your child to develop good listening, just as exercise helps to develop balance, strength and muscular coordination.

Poor listening can lead to:

poor concentration

bad behaviour

delayed reading and writing skills

poor performance at school

social isolation

child not achieving up to his/her potential

How Sound Therapy Works

The program
Sound Therapy is a program of specially filtered music and stories.

The Process

The albums have been recorded through a special device called an 'Electronic Ear'.

Right ear dominance

Sound Therapy recordings are made so that the sound is louder in the right ear. The right ear connects to the left side of the brain, which is the language centre. The result is an improvement in reading and vocal skills.

Brain stimulation

Sound Therapy stimulates the brain. New brain connections are made, so learning becomes easier.

Younger Children's Program Ages 0-7

Garden of Dreams

Exquisite musical selections for children by Tchaikovsky, Strauss, Delibes, Mozart, Bach and Brahms.

Fairy Tales for Younger Children

Read by writer and former radio actress, Patricia Joudry, who has a remarkable ability to connect intimately with the young child

Lets Recite

Poems by great authors read by Patricia Joudry. Child learns rhyme, rhythm and metaphor, which are important fundamentals of language

Bonus Album – Aboriginal Stories

Traditional Australian Aboriginal stories collected and recounted by renowned Koorie story teller, Pauline McLeod

Older Children's Program Ages 8 - 12

Study Stimulator

Music children will love, to help with concentration and learning by Strauss, Beethoven, Mozart, Brahms, Grieg, Chopin and Pachelbel.

Calming Music

Music to sleep or settle down to by Beethoven, Tchaikovsky, Mozart, Padrewski, Chopin, Muscagni and Debussy.

Grimms Fairy Tales

Classic tales that educate about ethics, problem solving and transformation, read by Patricia Joudry.

African Stories

Folk tales that open cultural awareness and develop maturity, read by Mignon-Lee Warden.

Indian Stories

North American Indian tales of strength, courage and magic, read by Patricia Joudry

How to get your child to listen

- Make sure you have headphones which are comfortable for your child
- Think of Sound Therapy as a 'treat' not a 'treatment.'
- Sound Therapy should never be forced on a child as this would cause resistance.
- Present it as an fun activity and explain the benefits in a way your child can understand.
- Children who are struggling with language and learning problems are usually aware that they need help and will notice the effects of Sound Therapy quite quickly.
- Children usually love to take their Sound Therapy to bed.
- If necessary use bribery. i. e. when you have done 100 hours you get a new skate board.



When to listen

Children can listen during their regular daily activities such as:



- Doing their homework
- Riding in the car or the bus
- Watching TV, computer video games
- Nap time or going to sleep at night
- Story time, reading
- Drawing or quiet playtime
- Sick days or hospital stays

Listening hours and routine

- It is usually easy to get children to use Sound Therapy.
- Older children should listen for 60 to 90 minutes per day.
- If they want to listen longer that is fine.
- It is important to listen every day.
- Children should use the program for at least three months to get best results.
- Children can keep listening for several years.
- Always keep the volume low.
- Sound Therapy is completely safe and cannot do any harm.



Tips for Listening

- Be sure that you place the right headphone on the right ear to create right ear dominance. All decent quality headphones are marked R for right and L for left.
- The stories and music are both effective and can be used in any order as the child prefers.
- Use a lanyard or carry pouch to prevent dropping the player.
- Tuck the wires inside the child's clothing to prevent them catching on things.
- Always keep the volume at a low level so it is not damaging to the child's ears.



Your pre-loaded Sound Therapy player

- Sound Therapy should always be listened to through headphones, not through speakers.
- Only use the player supplied with your program. Do not attempt to copy files off your player or add other files onto the player as this may damage your Sound Therapy program and void your warranty.
- The earphones supplied with your player are specially selected for Sound Therapy. If you need a different style of earphone, speak to your Sound Therapy Consultant.
- Do not plug your player into a computer.
- Always use the charger provided with your program.