

**Sound Therapy
Younger 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!**



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LISTENING EQUIPMENT

Sound Therapy must be listened through headphones to get the full results.

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.



Using Sound Therapy before school age will get the child ready to learn in school, because listening is the foundation for learning.

For Younger Children

Starting Sound Therapy early will help your child develop good language skills.

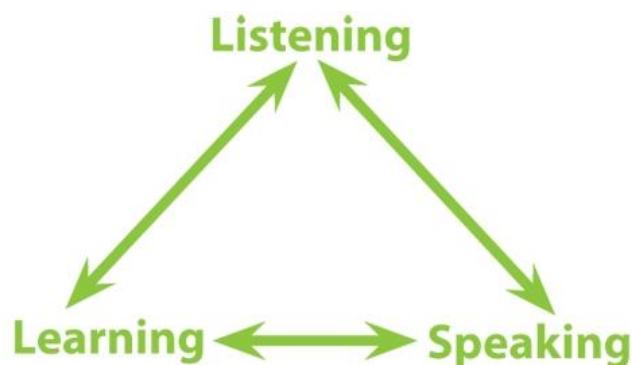
This will help your child do better in school and in life.

Sound Therapy for prevention

Sound Therapy will help to prevent learning difficulties later on. It 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



Sound Therapy builds language skills

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.

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.
- Young children should listen for 30 to 60 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 or device.
- 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.

Equipment for Sound Therapy

- Sound Therapy should always be listened to through headphones, not through speakers.
- Insert the Micro SD card into your device, or load the music files onto any device that can play WAV files.
- The earphones supplied with your program are popular for Sound Therapy. If they are not comfortable for your child, find a different style that your child will be happy to wear.

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.



Younger Children's Program

- Younger Children's Program Ages 0-7

Garden of Dreams 60 mins

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

Fairy Tales for Younger Children 60 mins

Read by writer and former radio actress, Patricia Joudry, who has a remarkable ability to engage the interest of the young child.

Lets Recite 90 mins

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

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.



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 loving.
- Child is more talkative and organized.
- Attention and concentration improve.
- Reading improves.
- Childs improves relationships with friends.



What Parents are Saying

“My five year old son, Quannah, has always been very hyperactive with an energy that just bounces off the walls. He also showed a lot of anger. I obtained the Sound Therapy program and let him listen for an hour or so each day, letting him feel that it was a privilege and in no way forcing it on him. In about two weeks there was a noticeable change in his behaviour. He became very quiet and calm, and somehow mellow. He also seemed much happier.”

Brandy Graham - mother of a child with Attention Deficit Disorder.

My son Jamie was diagnosed, at age three, as having “Severe Speech Dyspraxia.” This disorder I was told would mean years of intensive speech therapy. I started Jamie on Sound Therapy and found after a short time his progress with his speech therapy increased. Jamie used Sound Therapy for three months and continued speech therapy for another year. I firmly believe that without the Sound Therapy his progress would have been much slower.”

Janice - Mother of a child with Dyspraxia

