



# Preparing for Your Baby's Hearing Evaluation

## PURPOSE OF THE HEARING EVALUATION

You're taking your baby for a hearing evaluation because they received a "refer" result on their hearing screening. That is, the hearing screening discovered that there might be a problem (hearing loss) in the ear/doorway to your baby's brain that could interfere with your baby hearing you. The purpose of the follow-up hearing evaluation is to perform more precise tests to see if there actually is a doorway problem, and if so, to determine the nature of the problem. You need to know, right away, if your baby's brain is being stimulated with complete sound because even a little doorway blockage can interfere with your baby's auditory brain development.

## HOW TO PREPARE FOR THE TEST

- Know that the hearing tests won't cause your baby discomfort.
- Arrange care for other children at home, so you can focus on your baby during the entire test session.
- Bring another adult family member or friend with you to help listen to information and to support you if a doorway problem is confirmed.
- Be on time for the test session.
- Busy clinics mean that you and your baby may need to wait in the waiting room for the hearing test, so bring a snack for yourself. You may get hungry and thirsty, especially if you're nursing.
- Bring a sweater for yourself and an extra blanket for the baby. (Clinics can get chilly.)
- Bring something to take notes on, like a notepad or your smartphone.
- Try to schedule the test when your baby will most likely want to nap. Tests often require that your baby is sleeping.
- If your baby is sick on the day of the test, it's best to reschedule when your baby is better. But don't delay the hearing test any longer than necessary, as your baby's auditory brain development is at stake.
- You may be asked to help in the hearing test session by observing your baby's behavior to sounds that are presented in a sound-treated room.



# PREPARING FOR YOUR BABY'S HEARING EVALUATION

## HOW TO PREPARE FOR THE TEST *continued*

- You will be asked information about your family history. You might want to think about it and ask family members if any relative, on either the mother's and father's side of the family, had a childhood hearing loss or any other childhood issues or medical problems.
- You will be asked about your pregnancy and birth history. Were there any problems? Did you or your baby take or need medications, and what were those medications? You may want to bring medical reports with you if you have them.
- You will be asked if you've observed your baby responding to sound. For example, does your baby wake up to sounds? Does your baby become quiet when you talk to them? Does your baby start or stop sucking when they hear your voice?
- You may receive information about your baby's hearing/doorway right away after the test session, or you may have to wait a few days for the hearing test results.
- If you find out that your baby has a hearing loss that interferes with complete auditory information getting to their brain, be sure to schedule a follow-up appointment to confirm the diagnosis. It's best to do this before you leave the clinic.
- Once the doorway problem is confirmed, schedule a hearing aid evaluation right away. Your baby's brain needs to be stimulated with sounds, like your voice, as soon as possible.
- Be sure to get the audiologist's business card, so you can call them later if you have questions. Don't hesitate to call – it's very common to think of new questions after you leave the appointment.

## REMEMBER

You need to know if your baby has a hearing loss, there are technologies, such as hearing aids, that can get auditory information through the doorway (ear) to your baby's brain, and there is intervention that can help grow your baby's auditory brain to reach your desired outcomes. This is the 21st century, and we know a lot about brains, hearing, technology, spoken language, reading, and child development!

**You're not alone!**