



What are the Ling seven sounds?

The Ling 7 sounds are seven speech sounds that cover all the frequencies of speech. To develop spoken language, you need to be able to hear all these frequencies.

The Ling 7 sounds are:

'ar' – as in **car** – low and mid frequency

'ee' – as in **bee** – low and high frequency information

'oo' – as in **shoe** – low and mid frequency

'or' – as in '**roar**' -

'm' – as in **yummmm** – low frequency to mid frequency

'sh' – as in **wish** – mid frequency

's' – as in **bus** – high frequency

But my child's hearing aids or cochlear implant processor is working. Why do we need to do the Ling sounds?

The technology might be working but we need more information to understand what the brain is receiving. The Ling 7 sounds is actually a test to find out what signal is reaching the brain. Most importantly the Ling 7 sounds can indicate a change in your child's hearing either due to the presence of middle ear fluid or possibly due to a deterioration in hearing levels.

How do we present the sounds?

The way that we present the Ling 7 sounds varies according to the age of your child. Your Listening and Spoken Language Specialist will guide you in the most appropriate way to present them for your child's age. Across all ages it is important that they are presented through listening alone. It is important to ensure that the child does not receive any visual e.g. movement, facial expressions, lip movement. If your child receives any visual cues it is not possible to tell if the child is responding to what they heard or to what they saw.

For a baby who is learning to listen to the Ling 7 sounds we might provide a little more volume and duration to the Ling 7 sounds however over time it is important that the Ling sounds are presented at conversational level. The Ling 7 sounds should be presented in one tone and in one beat. The Ling 7 sounds should be initially presented from 1 metre away until your baby/child is familiar with the test and reliable in their responses.

Can:Do 4Kids

Phone | 08 8100 8200 Fax | 08 8178 3999 Email | info@cando4kids.com.au

Once they are reliable, you can present the Ling sounds at 2 and 3 metres to test their distance hearing firstly in a quiet environment and then in background noise.



How do you know if your child has heard the sound?

Responses for babies may be subtle initially. You may see your baby still, eyes widen, stop sucking their dummy, raise eyebrows or even a little eye flicker. Over time your child should turn to the sound.

How often should I do the Ling 7 sounds?

It is important that you present the Ling sounds every day. Ideally, presenting them first thing in the morning after you have listened to the hearing aids. But if this isn't possible, anytime during the day is beneficial. If your child's is not receiving maximum benefit from their hearing aids, it's better to know right away so you can identify the problem and fix it as soon as possible. Doing the Ling sounds everyday also shows you if there is a pattern in their detection, discrimination or identification of the ling sounds e.g. If they are consistently unable to detect the 's' sound, they might be missing high frequency information. So don't delay, do the Ling sounds today!