

School—Advocate

8.17 Hear Yourself Think

Many children have a hard time filtering out unimportant noises in a classroom. If your child is bothered or easily distracted by noise, ask the teacher if she could use a study carrel or go to a quiet area for independent work or for taking tests.

Ear plugs also work well to filter out distracting noises, and they can be used inconspicuously. Noise canceling headphones are a wonderful way to keep easily distracted kids on task. Some models include a microphone so that students can read aloud to themselves. This helps them to really hear themselves think!



Parent To Parent

Ear plugs are readily available at drug stores, music stores, and department stores. They are inexpensive and great for homework time. They also work well at home for kids who strongly dislike abrasive noises like vacuum cleaners and hair dryers.

