

# Delays & Disorders Explained - Auditory-Verbal Therapy (AVT) -



## A GUIDE FOR CAREGIVERS

### WHAT IS AUDITORY-VERBAL THERAPY?

Auditory-Verbal Therapy is an approach designed to help children with hearing loss develop strong listening and spoken language skills by way of developing their residual hearing through the use of their technology and devices .

- This approach encourages oral communication skills.

### WHAT DO AUDITORY-VERBAL THERAPY SESSIONS INVOLVE?

During AVT sessions, a certified therapist works closely with the child and their parents to create an environment that maximizes listening opportunities.

Parents are actively involved in the process, learning how to be their child's primary language facilitator through modeling, guidance and coaching by the auditory-verbal therapist. This is a team effort, with the therapist coaching parents on specific techniques and strategies.

- Children with hearing loss who engage in AVT often show improved listening skills, speech clarity, and language development.
- Areas addressed are a mix of sound awareness, speech production and clarity, language goals (recept and exp), cognition and processing skills within the context of listening and aural skills as applied to manual/visual cues.

### WHAT CAN BE PRACTICED AT HOME?

For parents, it's essential to understand that AVT focuses on the auditory brain development of their child.

AVT is typically a **long-term commitment**, and **consistency** is key to its success. Parents play a vital role in implementing AVT techniques in their everyday life to ensure their child's continued progress.

This can be practiced through:

- Daily routines
- Games & Activities
- Conversation
- Children learning to use their residual hearing and hearing technology (like hearing aids or cochlear implants) effectively.
- Providing a maximum number of listening opportunities throughout a child's day, all day, every day.

*Remember, AVT is just one of many options available to support children with hearing loss. The decision to pursue AVT should be made in consultation with a team of professionals, including **audiologists** and **speech-language pathologists**, who can assess the child's specific needs and recommend the most appropriate intervention.*

*AVT is a decision families make to facilitate language through listening which requires **advocacy**, **patience** and **ongoing dedication**. Though AVT is best to begin from the moment of diagnosis, follow up in areas for phonemic awareness and literacy skills continue to be essential.*