

The Listening Checklist:

A Tool to See if You or Your Child May Have a Listening Problem

We cannot "see" listening. The only way to "get at it" is indirectly—through skills that are related to it in one way or another. This checklist, developed by Canadian Tomatis practitioner, Paul Madaule, offers a catalog of abilities, skills or qualities that will enable you to assess whether you or your child may have a listening problem. There is NO score. This is simply a tool for you to evaluate your own or your child's ability to listen, and thus to learn. Check as many boxes, as you feel appropriate.

Developmental History: Our early years

This knowledge about our younger years is extremely important in early identification and prevention of listening problems. It also sheds light on possible causes of listening problems.

- A stressful pregnancy
- Difficult birth
- Adoption
- Early separation from the mother
- Delay in motor development
- Delay in language development
- Recurring ear infections

Receptive Listening: Our external environment

This type of listening is directed outward to the world around us. It keeps us attuned to what's going on at home, at work, in the classroom or with friends.

- Short attention span
- Distractibility
- Over-sensitivity to sounds
- Misinterpretation of questions
- Confusion of similar-sounding words
- Frequent need for repetition
- Inability to follow sequential instructions

Expressive Listening: Our internal atmosphere

This is the kind of listening that is directed within us. We use it to listen to ourselves and to gauge and control our voice when we speak and sing.

- Flat and monotonous voice
- Hesitant speech
- Weak vocabulary
- Poor sentence structure
- Overuse of stereotyped expressions
- Inability to sing in tune
- Confusion or reversal of letters
- Poor reading comprehension
- Poor reading aloud
- Poor spelling

**Motor Skills:
Our physical abilities**

The ear of the body (the vestibule), which controls balance, muscle and eye coordination and body image needs close scrutiny also.

- Poor posture
- Fidgety behavior
- Clumsy, uncoordinated movements
- Poor sense of rhythm
- Messy handwriting
- Hard time with organization, structure
- Confusion of left and rights
- Mixed dominance (of hands?)
- Poor sports skills

**The Level of Energy:
Our fuel system**

The ear acts like a dynamo (a powerful motor), providing us with the "brain" energy we need to not only to survive but also to lead fulfilling lives.

- Difficulty getting up
- Tiredness at the end of the day
- Habit of procrastinating
- Hyperactivity
- Tendency toward depression
- Feeling overburdened with everyday tasks

**Behavioral and Social Adjustment:
Our relationship skills**

A listening difficulty is often related to these qualities of interacting with others.

- Low tolerance for frustration
- Poor self-confidence
- Poor self-image
- Shyness
- Difficulty making friends
- Tendency to withdraw or to avoid others
- Irritability
- Immaturity
- Low motivation, no interest in school/work
- Negative attitude toward school/work

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