



Learning to Listen - Cooking



Collaborative with North Carolina

Early Learning Sensory Support Program

Stages of Listening to Sound

Children with hearing loss using cochlear implants or hearing aids need help learning to listen. Everyday routines are perfect for learning and making sound-object connections. Knowing the stages of listening can help you support your child with learning to listen during cooking activities.

Awareness	Identification	Comprehension
Caregiver helps me notice a sound by pointing to it and naming it.	I know what the sound is.	I notice, understand, and respond to the sound.

Sound Awareness	Sound Identification	Sound Comprehension
Try saying these things when cooking:	You know this is happening when:	You know this is happening when:
"I heard the pots go, bang bang."	The child looks at the pot.	The child might point and say, "bang bang."
"I heard the timer, beep beep."	The child looks at the timer.	The child might point and say, "done," or "beep beep."
"I heard the package open, crinkle crinkle."	The child looks at the package.	The child might point and say, "yummy," "eat," or "open."

"I heard the dishwasher, click."	The child looks at the dishwasher.	The child might point and say, "wash," "dirty," or "clean."
"I heard the food sizzle, sss."	The child looks at the stove.	The child might point and say, "sss" or "cook."
"I heard the ice in the cup, clink."	The child looks at the cup.	The child might point and say, "ice," "cup," or "cold."

Additional sound ideas include a blender, eggs cracking, stirring, and boxes or bags opening.