

Therapeutic Listening Home Program

Week ___/___/___ - ___/___/___

Album: _____ Child: _____

Anticipated outcomes with this album: _____

Directions: Please have your child listen to the designated album for 30 minutes 2x/day, more than 3 hours in between listening session, 5-7x/week. Place the Sansa player on “shuffle” and “repeat all” for modulated music. For other music, turn off “repeat” and “shuffle.” Your child may participate in any chosen activity with the exception of screen play (i.e. no computer or video games, no TV or computer screens). The best activity for your child is to participate in a some kind of movement play, or whatever your therapist recommends. Newer case studies are showing that children who listen and participate in core activities respond better than those who listen and do not move.

Please report on the table below your child’s attitude and behaviors during, before, and/or after the listening session. This assists your therapist in determining the appropriate direction to take with the next albums.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
Response							
Activity							
Response							

Please note any changes observed this week in your child’s attitude, attention, emotions, following directions, balance, coordination, sleep or eating habits, etc.
