Re: Forum 6 - Quiet Please
by Dana Payne - 24 January 2016

Forum 6

I have always been able to hear sounds others people around me do not. While exceptional hearing can be a gift, it can also be a problem – like being accused of ease dropping.

Recent hearing tests (during recovery from a punctured eardrum) correlated with a lifetime of hearing “decibels and frequencies” like a radio, set me apart from others.

The Ear, Nose and Throat (ENT) doctor said that if I was anything like him, when I was a child, I was probably accused of not being able to pay attention and not being able to focus. Whispers and sounds across the room sounds just as loud as a person speaking next to me.

Today, children with exceptional hearing like me are often diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and put on medications for ADHD when the truth is they do not have ADHD, they simply can hear everything around them in a way that others can not.

“Is It ADHD or Auditory Processing Disorder?”

Does your child struggle to block out background noise, follow conversations or pronounce words correctly? Is she hypersensitive to sound? She may have an auditory processing disorder in addition to, or mistaken for, ADHD (Scherer, 2015).

Metacognitive coping mechanisms I have used (but are not limited to) avoiding people, avoiding loud environments, using headphones, white noise, music, and heavy curtains to block out pervasive sounds. I also have tapped my foot and used rocking motion to block out unwanted external noises. Seeing myself on video playbacks from online sessions, where I appear fidgety, provides a further reminder of metacognitive strategies I use to cope to block out unwanted sounds so that I can focus on the lesson at hand.

References


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