

---

# HEADPHONES

---

## Eyas Landing & Blue Bird Day

### Price

\$6-\$25

### Resources

Fun and Function

[https://funandfunction.com/  
noise-reduction-  
headphones.html](https://funandfunction.com/noise-reduction-headphones.html)

Friendship Circle: List of  
Headphones with pricing and  
where to buy

[http://www.friendshipcircle.org/  
blog/2012/03/21/8-  
headphones-for-children-with-  
autism-and-auditory-  
processing-disorder/](http://www.friendshipcircle.org/blog/2012/03/21/8-headphones-for-children-with-autism-and-auditory-processing-disorder/)

### What are they?

Noise cancelling headphones may be used for children who have difficulty processing sound. These headphones dampen loud noises like fire alarms, bells, or in loud multi-sensory environments like a lunch room or gym.

### Why use them?

Some children show fearful responses to loud or sudden noises, like a balloon pop. This can lead to a break down or high anxiety. Children who are sensitive to sound may feel that anxiety in many different places such as the lunch room, a place where unexpected loud noises are common. Using noise cancelling headphones dampens the sound in order to reduce impact of loud noises. This may also have an effect on your child's anxiety if they are fearful of experiences due to loud or sudden noises. Other children are able to hear the smallest noises like the hum of lights. They may not be able to tune out the noise like other children and become agitated. Noise canceling headphones remove background noises while also allowing the child to hear a person speaking to them.

### Who can use them?

Noise cancelling headphones are appropriate for children who startle easily and may not be able to calm themselves down after hearing a loud noise. If you notice your child covers their ears a lot or talks about noises that you may not be able to hear, headphones may be a good option. It is important to not wear headphones too much as overuse can cause increased sensitivities to sounds. Talk to your child's therapist about when and where to wear headphones.

### Types of headphones

There are many different types of headphones. In general, you want to purchase headphones that have an adjustable fit to follow your child's growth. It is also important to make sure they are comfortable for your child. Remember, you do not want to cancel out all noise. Your child should be able to hear a person speaking to them while wearing the headphones.

