

# INCREASING HEARING AID WEAR TIME THROUGH DISCRETE TRIAL TRAINING (DTT): A GUIDE FOR PARENTS

## DTT and Hearing Aid Usage

Although we want children to wear their hearing aids all the time, this is not always a realistic goal for some children right away. DTT is a strategy that breaks down skills into smaller, more easily teachable components. For children who are constantly taking off their hearing aids and unwilling to put them back on (assuming the hearing aids are appropriately fit), DTT could be used to break down the ultimate goal of consistent usage into more easily achievable smaller time goals.

## How can you use DTT?

1. Determine appropriate time-goal and appropriate reinforcers with your clinician
  - a. The goal for the amount of time your child will tolerate keeping the hearing aid on should be achievable for your child and increase gradually (if they take the hearing aid off every 15 minutes make 10 minutes your initial time goal)
  - b. The reinforcer should be something your child would want to work for and also something you are comfortable not giving to your child if they do not meet their goal
2. Take an extended period of time during the day to focus/work on the amount of time your child will keep their hearing aid on
  - a. They should be allowed to continue with their usual activities during this time (playing outside, eating dinner, etc.)
  - b. When you are going to start say, "Let's put your hearing aid on and wear it for \_\_\_\_ minutes/hours!"
3. When they successfully wear their hearing aid for the established amount of time, give them the reinforcer and praise!
4. Take the hearing aid off and immediately say, "Let's do it again!", putting the hearing aid back on
5. When they successfully wear the hearing aid for the established amount of time, provide the same reinforcer and praise!
  - a. The amount of time and the reinforcer should be the same
6. After they successfully wear the hearing aid for the established amount of time during multiple trials/attempts, you can increase the amount of time gradually (now make the goal 15 minutes for example)

If they take off their hearing aid before meeting their goal, that is ok! Wait a few minutes and calmly say, "Let's try again!" and put the hearing aid back on. It is important to remain neutral and not get upset or scold them when they do not meet the goal, otherwise they might keep taking the hearing aid off for attention.