



You (or your child) could have a listening difficulty if:

Tomatis Training is applicable for all ages and all of these could have been applicable for past or be present today:

1. You have a history of ear infections (also having tubes placed)during childhood
2. Experience headaches during times of learning, paying attention
3. Sounds (could be loud sounds or simply someone chewing beside you) bother you.
4. Have had difficulty acquiring language skills in early development
5. Have difficulty with stuttering.
6. Experiences articulation difficulties
7. You have difficulty saying words of several syllables
8. Fail to understand rhymes
9. Confuse similar sounding words
10. Have difficulties with reading or spelling.
11. You reverse sounds or letters in words
12. You dislike school and find it boring
13. You experience behavior difficulties at school.
14. You are hyperactive, restless during attentive work.
15. You need to be redirected to the task frequently
16. You are distracted by sights and sounds in the environment.
17. You are not motivated to complete your schoolwork.
18. You frequently forget to give in your homework, or hand in sloppy assignments.
19. You have difficulty understanding questions
20. You have difficulty following instructions correctly
21. You have difficulty with multi-step sequences and multi tasking.
22. You have difficulty understanding hidden meaning of what was being said.
23. You are having difficulty understanding stories as a whole with beginning, middle or end.
24. You are sensitive to movement (boat, amusement park rides)
25. You are an uncoordinated person
26. You have never liked participating in sports.
27. You are constantly rocking or moving
28. You experience emotional difficulties and stress
29. You experience increasing difficulty with memory as you age.
30. You discover increasing balance difficulties as you age.

If you experience any of these above and it is affecting how you learn, socialize, work, and participate in leisure activities, it is best to see if [Tomatis training](#) could assist you in improving your life.