

Better Communication Habits: A Guide for Family and Friends

Communication is a two-way street.

Family, friends, and colleagues can do a lot to help you hear better. That's why it's important to inform them about your hearing instruments and explain what they can do to facilitate communication.

Here are some things you can ask your conversation partner to do:

- Ask them to move closer and position themselves in good lighting to make their facial expressions and lips easier for you to see.
- Remind them not to talk while chewing.
- Suggest that they avoid hiding behind a newspaper or leaning their cheek or chin on their hand while talking.
- Ask them to speak slower and more clearly.
- If you have difficulty understanding, suggest they try rephrasing the sentence rather than simply repeating it.
- Avoid conversations in doorways and near windows; if you cannot close them, find a quieter place to talk.
- Having a conversation in an echoing room is difficult. Try to find a location where your conversation won't be distorted.



People often need help in the beginning, and we are always **here to help you**

oticon
life-changing technology

改善沟通习惯： 家庭和朋友指南

沟通是双向的。

家人、朋友和同事可以帮助您更好地聆听，让沟通更加顺畅和愉快。以下是一些良好的沟通习惯，可以帮助您提升听力体验：

- 请他们靠近一点，并站在光线充足的位置，以便您更容易看到他们的面部表情和嘴唇。
- 提醒对方咀嚼食物时不要说话
- 建议对方说话时不要躲在报纸后面。避免用手托住双颊或下巴。
- 请对方放慢语速，并尽量清晰地表达。
- 如果对方难以理解，请建议他们换一种方式表达，而不是简单地重复一遍。
- 尽量避免在门口、窗边等嘈杂的地方交谈；如果无法关闭门窗，请选择其他安静的地方交谈。
- 在有回声的房间里交谈会比较困难，建议您选择较安静的场所对话。



人们在开始时常常需要帮助，
我们始终在这里支持您。

oticon
life-changing technology