

Hints and tips from lipreading class members on how to practise lipreading if you can't go to a lipreading class

- Come clean – tell people when you can't hear what they're saying. Explain to them what you find helpful – don't struggle.
- Make sure that your family, friends and others know how they can help – for example, by facing you and speaking clearly and not too slowly. Shouting won't help.
- Lipreading requires a lot of concentration, so practise only for a short time for most benefit.
- Use a mirror to talk to yourself. Watch your own face. Practise speaking to see what shapes the sounds make.
- Practise eye contact with yourself in a mirror. This gets you used to eye contact with others when you're lipreading.
- Don't over-exaggerate your lip movements – that makes it more difficult for people to lipread you.
- Get your family and/or friends – people you know well – to practise with you.
- Wear your glasses – if you have them – so you can see lip shapes clearly.
- Observe – always be aware of other people's facial expressions and lip movements.
- Take the opportunity to try lipreading when you're in company. Some people are easier to lipread than others (those who speak more slowly and clearly and are facing you).
- Turn the TV sound down and watch and listen very carefully. This is very difficult if there's more than one speaker and if they're not facing you.
- Watch a newsreader with the sound turned down (not off).
- Search BBC iPlayer (or another on-demand TV service) for a programme with a clear speaker facing you. Watch several times – once to enjoy, then repeatedly with sound to lipread/hear/read the subtitles and, eventually, with the sound down. If you have an e-reader or tablet, watch the programme on this, as it reduces the distance from the screen to you.
- Don't be put off if you can't get it all – very few people will.
- Go online, if you can, and search for websites and resources to help you learn to lipread. Some resources are free, others you'll have to pay for. You'll find 'Ways to practise lipreading' at www.scotlipreading.org.uk

Remember, different things suit, and work, for different people with different kinds of hearing loss.

Look Listen Think