

its own way with words. However, the more you learn, the more your confidence will grow enhancing and strengthening your communication ability.

Remember to ask people to look at you and speak clearly.

LIP READING

From Wikipedia, the free encyclopedia

Lip reading, also known as **lipreading**, **speech reading**, or **speechreading**, is a technique of understanding **speech** by visually interpreting the movements of the **lips**, **face** and **tongue** with.

Other difficult scenarios in which to speechread include:

- lack of a clear view of the speaker's lips. This includes obstructions such as moustaches or hands in front of the mouth; the speaker's head turned aside or away; bright light source such as a window behind the speaker.
- group discussions, especially when multiple people are talking in quick succession.



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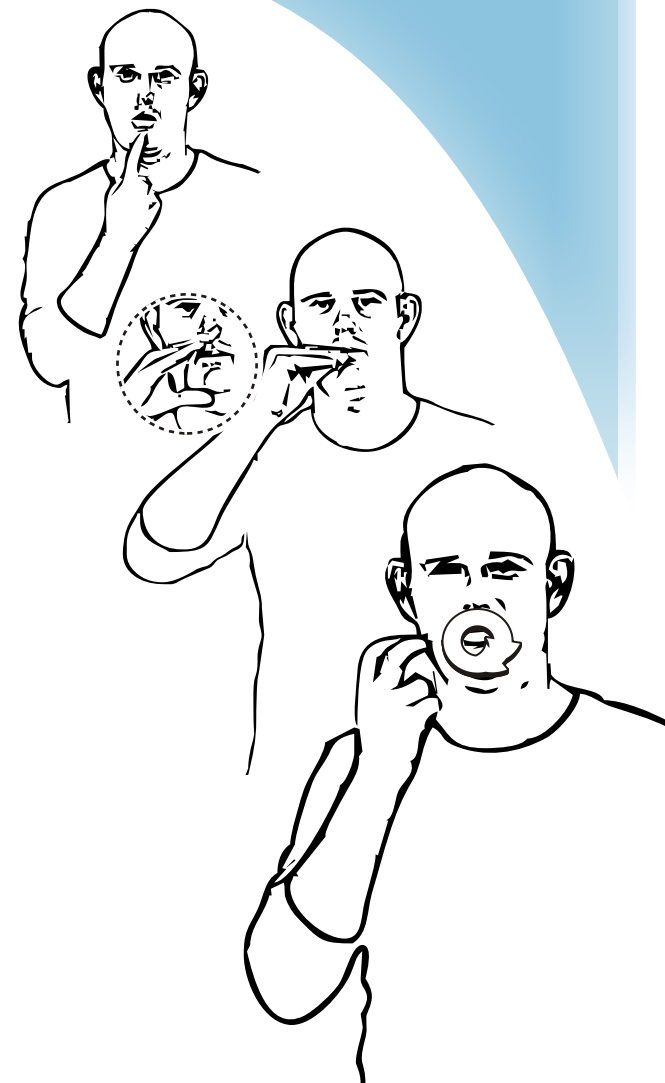
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Speech Reading Lip Reading Lip Speaking



WHAT IS LIPREADING?

Lipreading is 'reading' the visual cues of the spoken message; the movements of the lips, the tongue, the lower jaw, the eyes, the eyebrows, the facial expression and gesture. They are all clues for the lipreader. The lipreader will also observe the syllables, the natural flow, rhythm, phrasing and stress of speech.

IS LIPREADING IMPORTANT?

Yes. Having a hearing loss makes speech sounds quieter, distorted or both. Lipreading is invaluable. For those who have a slight or moderate loss, lipreading will help considerably in 'receiving' the message. Many untrained people lipread unconsciously to some extent and feel happier when they can see the speaker's face. This skill can be greatly extended by lessons. Learning to lipread will help with communication as well as the development of self confidence.

For severely or totally deafened people, lipreading may be the only possible means of everyday communication.

Is it difficult?

Yes.

TEN TOP TIPS FOR PRACTICE

1. Position

- Position yourself so that your back is to the light and you can see the speaker's face clearly.

2. Relaxation

- Sit comfortably and try to relax.

3. Recall speech sounds

- Watch the speaker's face closely and if you are severely deafened try to recall how their voice sounded. Calling on your memory of sounds will be very important in your life.

4. Speech movements

- Notice the movements made by the lips, tongue and jaw as the person speaks. These speech movements will help you to recognize sounds which you no longer hear clearly, while at the same time you can listen to the rhythm of the language used. Some words can be lipread more easily than others because they show more shape on the lips. If you have difficulty, ask the speaker to reword the whole sentence. (Note: It is easier to lipread a whole sentence than a single word.)

5. Facial expression

- Watch the speaker's facial expression. You can gain a lot of information about the subject matter and the speaker's mood from facial expression.

6. Gesture

- Notice any gestures made (nodding, pointing, direction of gaze etc.). You can gain a lot of information from noticing all the natural gestures used by a speaker.

7. Body language

- Watch the speaker's posture and body language. This will tell you a great deal about the speaker and the subject matter (whether the speaker is dejected, happy, relaxed, in a hurry, etc.)

8. Subject matter

- Try to find out the subject of conversation as quickly as possible. Once you know that, you can get the gist of what is said more easily. Let your mind hear what your ears have missed.

9. Looking, listening and thinking

- Remember that lipreading is a combination of looking, listening and thinking for most hard of hearing people.

10. Fatigue factor

- Don't be surprised if you feel tired. Lipreading requires deep concentration, so you will need to give yourself frequent breaks, especially at first. When you get the chance, close your eyes and relax for a few minutes.

Learning to lipread takes time, patience and understanding and the learning never ends but the rewards are immense. There are different formations to learn, different dialects, and every 'face' is different, dealing in