



## Some quick Do's and Don'ts

### Don't:

- Drink or eat (including chewing gum) whilst communicating
- Look away whilst communicating
- Try not to wear large, or overly mobile jewellery (such as dangly earrings), as they can be distracting
- Stand in front of a distracting wallpaper or background
- Put your hands over your mouth or mumble
- Have more than one person talking at any time
- Pace back and forth
- Use the phrase 'deaf and dumb' – it's outmoded and has negative connotations
- Overly exaggerate your mouth and lip patterns – normal speech is easier to follow

### Do:

- ✓ Rephrase, rather than repeat a misunderstood sentence
- ✓ Face the Deaf person in a well-lit environment
- ✓ Tie back long hair

- ✓ Get the attention of the Deaf person before you begin to talk
- ✓ Reduce background noise as much as possible
- ✓ Use gestures whenever possible, providing they are contextual and clear
- ✓ Call the Deaf person a 'Deaf person', as it's a matter of cultural pride
- ✓ Use written English as a way of finding a common language