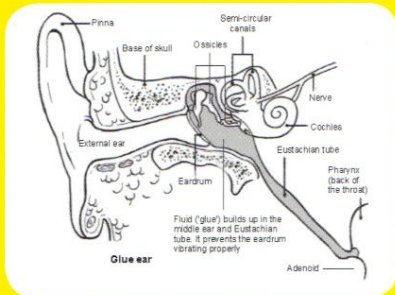


# HEALTHY EARS

## SIGNS & SYMPTOMS



### Your child may:

- Pull at the ears
- Use a loud voice
- Have speech / language difficulties
- Have frequent colds
- Have trouble following instructions
- Complain of sore ears
- Ask for a repeat 'what?'
  - Feel tired a lot and 'muck up' too
  - Have a poor attention span

## WHAT CAN YOU DO TO HELP YOUR CHILD?

It is important to have your child's hearing tested every year.

- Don't smoke around your child, it affects glue ear.
- Take your child for a check up.
- Give extra fluids, sleep time and cuddles.

Do the 'BBCWC' program every day!

1. Blow the nose.
2. Check if it's empty.
3. Take 5 breaths and 2 strong coughs.
4. Do some jumps and a quick run to get the heart pumping.
5. Wash hands well.
6. Grab a healthy snack
7. Munch and crunch time!

# HEAR BETTER

ORDER ONLY - DO NOT PRINT OUT

## **CONTACT AGENCIES:**

- Itinerant Support Teacher Hearing at your child's school
- Aboriginal Education Officer and/or Teacher at your child's school
- Hearing Health Worker at local Aboriginal Medical Centre
- Community Health Worker
- Australian Hearing
- Private Audiologist
- Community Health Audiologist
- Aboriginal Health Worker at Community Health

## **REMEMBER**

- Middle ear infection is common in young children
- Repeated infections can cause hearing loss

Designed & Produced by SAMMI FATNOWNA,  
Kempsey NSW. (ISTH/CHL Teacher)

