

# INFORMATION SHEET

## My Child Has Ear Trouble, What Should I do?

Courtesy of the Earbus Foundation of WA [www.earbus.org](http://www.earbus.org)

[www.betterhearingaustralia.org.au](http://www.betterhearingaustralia.org.au)

### Information for Families

This information is for parents and families, to help them more easily identify possible signs of ear trouble in their children and get the right help quickly. This Information Sheet is written in simple language, to appeal to a wide audience and for Education purposes only. For more information see the previous information sheet – Does my Child Have Ear Trouble? – or speak to your doctor, or visit the links provided at the end of this Information Sheet.



### What can I do now?

After reading the previous Information Sheet mentioned above, you may be concerned that your child has a problem with their ears, or you may have been told that your child has a problem by your health professional or your teacher. The good news is that there is help available and there are also simple things that you can do at home to help your child. Getting help quickly can reduce the danger of permanent damage.

### Find a regular screening program

Regular checks are very important and help can vary from state to state. School Health Nurses do some basic checks at schools but often you need more frequent help and more in depth information. Mobile Earbus Screening at school is ideal if available. Finding a service that is frequent and has GP, Ear Specialists, Nurses, Audiology and Health Worker Services attached is very important. If you have a choice available, choose the service which has the shortest wait list. For Indigenous children, helpful information for your local region is available through the AMS. Non Indigenous children can be referred to an Ear, Nose and Throat Doctor or your State Children's Hospital for regular checks with the Ear Clinic.

### State Contacts for Screening Programs Advice:

**WA:** Earbus Foundation of WA [www.earbus.org](http://www.earbus.org)

**NT:** Menzies School of Health Research/Child Health  
[earinfont@menzies.edu.au](mailto:earinfont@menzies.edu.au)

**QLD:** Deadly Ears Ph: (07) 3250 8509  
[RDeadlyEars@health.qld.gov.au](mailto:RDeadlyEars@health.qld.gov.au)

**Your State –** Please advise if you have a similar program in your State of Australia which should be included on this list.

# Things to do each day – At Home and School

## Cutting down germs is a big help -

Keep hands and face clean – wash them often

Shower every day

Liquid soap is better if you can get it

One child to a bed is best

Cough or sneeze into your elbow to reduce the spread of germs

No smoking near kids, pregnant mums or babies – reduces inflammation

Breast feed babies to help fight infection

Vaccinate babies – don't miss any vaccinations



## Other things I can do -

Know and look for signs of ear trouble see previous Information Sheet

Get the ears checked every time you go to a health centre

Keep all your appointments and follow ups

Follow the doctor's directions

Take ALL Antibiotics until finished, otherwise it may not work next time

Take time to read with your child each day to develop language interest

Talk to your child's teacher - direct them to "Do you hear what I hear" website



## When you talk with your child -

Call their name first

Look at them

Stay close — let them see your face

Turn off noise around you - TV or music



## Do – “Breathe, Blow, Cough, Chew Wash” - everyday

Deep breathe often

Plenty of exercise

Regular nose blowing – teach your child this skill as early as you can

Check each nostril is clear

Tissues in the bin

Wash hands again

Cough into your elbow

Lots of fruit and veggies – crunch healthy foods

Learn - The Snot Song - Education Resource –

<http://www.healthinonet.ecu.edu.au/key-resources/promotion-resources?lid=14978>



**Ear Disease is both Treatable and Preventable**

## Useful Information

[www.healthinonet.ecu.edu.au/other-health-conditions/ear](http://www.healthinonet.ecu.edu.au/other-health-conditions/ear)

[www.menzies.edu.au/page/Research/Indigenous\\_Health/Child\\_Health\\_and\\_development/Ears/](http://www.menzies.edu.au/page/Research/Indigenous_Health/Child_Health_and_development/Ears/)

[www.det.wa.edu.au/aboriginaleducation/detcms/cms](http://www.det.wa.edu.au/aboriginaleducation/detcms/cms)

[www.naccho.org.au/download/projects\\_activities/ear](http://www.naccho.org.au/download/projects_activities/ear)

<http://www.hha.org.au/ForHealthcareWorkers/education.aspx>

<http://www.careforkidsears.health.gov.au/>

<http://www.eddept.wa.edu.au/abled>

**See Information Sheet – Does My Child Have Ear Trouble?**

**Author - Dee Parker - Courtesy of the Earbus Foundation of WA [www.earbus.org](http://www.earbus.org)**



Better Hearing Australia regularly updates our Information Sheets. To ensure this information is current or for information on our services please visit our website [www.betterhearingaustralia.org.au](http://www.betterhearingaustralia.org.au) for the contact details of your nearest BHA Branch.