HOW CAN I PROTECT MY CHILD’S HEARING?

Loud sounds or ear infections can cause additional hearing loss. Teach your child how to help himself or herself hear better and to protect his or her own hearing.

- Take your child to the doctor right away if you think he or she may have an ear infection. An ear infection may make it harder to hear.
- Buy your child earplugs or earmuffs to wear when going to fireworks, a concert, or other places with loud sounds. Make sure the earplugs and earmuffs are the right size for your child’s ears.
- Have your child’s hearing checked regularly by a pediatric audiologist.
- Don’t play loud music in the car. Make sure your child keeps the volume down when playing video games or listening to MP3 players, the TV, or the radio.

HOW CAN I MAKE MY HOME LISTENING-FRIENDLY?

- Use large area rugs if you don’t have wall-to-wall carpeting. Put cloth curtains on the windows.
- Wait until your child is sleeping or out of the house before turning on noisy appliances, such as the dishwasher or washing machine.
- Turn off the TV or radio while eating dinner or when you are talking with your child.

KY Early Hearing Detection and Intervention (EHDI) Program

UNILATERAL HEARING LOSS
A PARENT’S GUIDE

Does your child have Unilateral Hearing Loss (UHL)?

If so, you are not alone. About 1 out of every 1,000 children in the United States are born with UHL. And as many as 3 out of every 100 school-age children have UHL. UHL means there is hearing loss in one ear and the other ear has normal hearing.

The hearing loss can ranged from mild to severe. The good news is that there are many things you can do to help your child manage.

EARLY HEARING DETECTION AND INTERVENTION
310 Whittington Pkwy, Ste 200
Louisville, KY 40222

(877) 757-HEAR (4327)
kynewbornhearing@gmail.com
http://www.improveehdi.org/KY/index.cfm
Look at your child when you speak. Use facial expressions such as smiling or a look of surprise to give your child clues.

Do not talk to your child from another room. He or she may not understand what you are saying.

Start conversations and take turns talking.

Get your child’s attention before talking to him or her.

Talk about what you are doing within your daily routine. For example, say, “I’m making your sandwich. Here is your milk.”

Repeat what you said. Or rephrase the sentence until your child shows understanding.

Encourage listening, such as “Did you hear the telephone ring?”

Help your child localize where the sound is coming from. For example, say, “Look over there at that dog barking.”

Play listening games to help your child try to listen to the sounds around him or her. For example, say, “What do you hear? I hear a car and a bird.” Then ask your child to point out a sound for you.

Help expand your child’s vocabulary.

Help your child grow his or her vocabulary by using more words. If your child says the word “good”, use another word for good, like “terrific”.

Ask your child questions that are require more than a yes or no answer. Asking “open-ended questions” gives your child a chance to practice talking and listening.

What causes UHL?

UHL can be present at birth or happen later on. In many cases, doctors are not sure what cause UHL. We do know some possible causes of UHL in young children include:

- Hearing loss that runs in the family
- An outer, middle, or inner ear problem
- Specific syndromes
- Certain illnesses

Why does UHL make it harder for my child to hear?

A child with UHL may have a hard time telling where a sound is coming from.

Your child may:

- Be unable to tell which direction sounds are coming from or who is speaking. This is called localization.
- Have a hard time understanding what people are saying in noisy situations such as the classroom or at a crowded mall.
- Not understand all the words a person is saying
- Not be able to hear speech or sounds clearly from a distance. When two ears with “normal hearing” hear together, sounds seem louder. With UHL your child can often hear people speaking, but may not always understand what is being said.

How will I know if my child is having trouble hearing?

Your child may:

- Get easily frustrated
- Seem overly tiered at the end of the day
- Appear not to be paying attention
- Respond incorrectly to a question or request
- “Act out” due to frustration

How can I help my child hear and understand what I am saying?

Position your child so his or her “good side” - the ear that is working—is toward you.

- When possible, place your child with his or her “normal” hearing ear facing you. Do this at the dinner table, in the car, or while your child is in a stroller. In a noisy area, you may want to move closer to your child.
- Position your child with his or her “normal” hearing ear directed away from noise. This can include the dishwasher, air conditioner, fan, TV or a radio.

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