



10 TIPS

TO PROTECT HEARING

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For children who present with delays in speech and/or language development, early intervention is incredibly important. The earlier speech and language problems are identified, the more your child will benefit from treatment. Many factors influence treatment outcomes, such as the child's age, overall developmental level, and hearing abilities.

If you suspect your child has a communication delay, the first step is to contact a Speech-Language Pathologist for a screening and, if necessary, further evaluation. An integral part of the early detection process is to further investigate the child's hearing and rule out any concerns in this area. Any loss of hearing whether temporary (such as with an ear infection, after being in a loud environment, etc.) or permanent can be detrimental to a child's speech, language, and listening development. It is very important to protect hearing across all ages and stages so to set the child up for ultimate communication success.

10 TIPS

To Protect Hearing

1

UNDERSTAND THE SOUND LEVELS OF THE NOISES IN YOUR ENVIRONMENT

Check out the common sounds depicted on [this graph](#). Lawnmowers, live music, motorcycles, helicopters and airplanes typically all exceed the maximum sound level (85 dB) for exposure without hearing protection.

2

LEARN ABOUT PROPER EAR PROTECTION

Keep sound blocking headphones or ear plugs handy at concerts, loud sporting events or when near a running motor. This is especially important for young children. We have ear plugs available at our clinic!

Please also consider: [Noise Reduction Earmuffs](#)

3

TAKE A BREAK

Take breaks if exposed to loud noise for a long period of time. How do you know if a sound is too loud?

CONSIDERATIONS WHEN DETERMINING IF A NOISE IS TOO LOUD:

- If you have to keep raising your voice just to communicate with someone near you
- If the noise hurts your ears
- If you get buzzing or ringing in your ears during or after noise exposure
- If you can't hear normally for hours after noise exposure

4

KEEP THE VOLUME DOWN

Keep volumes low-medium on personal devices when using headphones. There are headphones on the market that have maximum volumes preset to the 80-85dB level. These predetermined maximum volumes keep young ears safe no matter how high children turn the volume up at the source of the sound.

5

TV & VIDEO GAME VOLUME

Turn down the television and video games to lowest level they can be heard.

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TURN DOWN THE VOLUME IN THE CAR

Small spaces and loud music can cause damage to hearing.

7

KNOW THE SIGNS OF HEARING LOSS

For signs of hearing loss in babies and children, please visit the following site: <http://www.cdc.gov/ncbddd/hearingloss/facts.html>

8

KNOW THE VOLUME OF YOUR CHILD'S TOYS

Buy quiet toys and/or keep toys at the lowest volume level

9

CLOSE DOORS AND WINDOWS AGAINST LOUD ENVIRONMENTAL NOISES IN YOUR NEIGHBORHOOD

Also, put physical distance between you and loud noise when it is present. If possible, stand at an angle from the noise, not directly in front of it.

10

CONSIDER YOUR APPLIANCES' VOLUME LEVEL

When buying appliances consider noise ratings for different items.

REFERENCES

- <http://www.nhs.uk/Livewell/hearing-problems/Pages/tips-to-protect-hearing.aspx>
- <http://my.clevelandclinic.org/services/head-neck/diseases-conditions/hearing-loss-prevention>
- <http://www.noisyplanet.nidcd.nih.gov/parents/Pages/athome.aspx>