

IMPROVING HEARING HEALTH

HOW CAN A CHILD'S HEARING HEALTH BE IMPROVED?

- 1 Worried? Talk to your doctor straight away – early treatment can help reduce hearing loss.
- 2 Breastfeed bub up to 12 months if possible.
- 3 Ask your health worker or doctor to check bub's ear health and hearing every visit.
- 4 Ask about bub's hearing health milestones.
- 5 Minimise transmission of sickness, including a cold or flu.
- 6 Remember to wash hands after toileting and before eating or making food.
- 7 Blow runny noses gently and often to help to clear the ears.
- 8 Explore sounds with your child and talk to them every day about their world.
- 9 Don't smoke inside the house, in the car or close to your child.
- 10 Use early intervention services, like health checks, hearing checks and frequent GP reviews.

WANT MORE INFORMATION?

Reach out to your local Aboriginal and Torres Strait Islander Community Controlled Health Service or get in touch with our Hearing Health team.