

## Dealing with Wax

### **What is ear wax?**

Wax forms in the ear canal as a result of a mixture of secretions from our ear glands. It is important to help rid the ear canal of dirt and protects our ears.

### **Should I remove my child's wax?**

There is usually no need to remove wax from a child's ear. However, if there is a buildup of wax affecting hearing or causing pain contact your family physician/nurse practitioner will remove it Contact your family physician/nurse practitioner if you are concerned that your child has a buildup of wax affecting hearing or causing pain.

**Do not** attempt to remove wax at home (for example using Q-tips). Not only can it cause more wax concerns but doing so can damage your child's ear canal or eardrum!



## *Audiology*

### **Contact Information**

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**NL Health  
Services**

# Hearing and Ear Care for Children



**NL Health  
Services**

Created by: Western Zone Audiology

## Childhood Milestones

### **Birth to 3 months**

- soothes to a familiar voice
- startles to loud sounds
- makes “cooing” sounds

### **4-6 months**

- makes sounds when you talk
- babbles/makes different sounds
- plays peek-a-boo

### **7-12 months**

- responds to his/her name
- imitates sounds
- pays attention when spoken to

### **12-18 months**

- uses common words and starts to put words together
- enjoys listening to storybooks
- looks at your face when talking to you

Early detection of hearing loss is critical for a child to develop these milestones. If you have any concerns about your child’s ability to hear or that your child is not reaching these milestones please contact your physician/nurse or local Audiology clinic.

## Warning Signs of an Ear Infection

An ear infection is an inflammation of the middle ear which is usually caused by bacteria. They are very common in children and the following are signs to look out for:

- Tugging, pulling or rubbing the ear
- Having a fever
- Fluid, blood or pus draining from the ear
- Difficulty hearing
- Not responding to your voice or commands
- Stumbling, acting dizzy or having balance problems
- Not responding to sounds in a quiet environment

**\*If your child exhibits any of the symptoms above please contact your physician/nurse.**



## Noisy Toys

Noise induced hearing loss is often associated with adults, though research has shown a growing number of children having noise induced hearing loss. Certain battery driven toys can create noise levels between 100-135dB which is equivalent to a heavy rock concert.

### **Test sound before purchasing**

As a parent it is important to test out toys in the store before buying. This can be done by testing the toy close to your ear. If the toy is too loud for you, it will be too loud for your child.

### **How to limit sound level?**

- Take out toy batteries
- Set iPhone/iPad output volume to 85dB which is a safe volume for up to 8hrs.
- Limit screen time. Tell child they can only turn on one toy at a time
- Have child wear hearing protection to the cinema, festivals or concerts