

Ideas to help your child tolerate having their ears touched or examined

During the audiology appointment, there is going to be a fair amount of attention on your child's ears. We are aware that some children have sensory needs and can find someone else touching their ears distressing. In the days leading up to your child's appointment, you may wish to try some of the following ideas to help with their tolerance on the day. You might have more ideas of your own and we would love to hear about them.

- 1) Read books and/or play games that encourage your child to find and touch their ears e.g. 'where is your?'
- 2) If they have a favourite soft toy or blanket, get them to gently stroke their ear with it and then see if they will let you too. Bring this to the appointment with you.
- 3) If you have a play doctor kit at home, talk to your child about how the ear light (otoscope) works like a magnifying glass and a torch at the same time and it lets us see inside their ear and check if it is healthy.
- 4) If they have a favourite toy animal or doll, use the toy otoscope to examine their ear. Then let your child examine your ear and see if they will let you do the same to them. If you don't have a toy version, you could look up pictures together of a child being examined with one.
- 5) In the days leading up to the appointment, try to familiarise your child with headphones or earbuds. You can help your child get used to having something in their ears by putting the headphones or earbuds on them while they are doing something they like, such as listening to music or watch a cartoon.

