

## WITH HEALTHY EARS, YOUR KIDS WILL:

- Learn language and talking
- Listen to family stories
- Listen to music
- Talk with family and friends
- Do well at school



Ear infection is very common in babies and young kids. If left untreated it can cause pain, illness, hearing loss and learning problems.



For more information talk to a health worker, nurse or doctor or visit your local AMS.

You can also go online at [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au)

It is very important to know how to prevent ear infection and the signs to look for to protect your kids' hearing.



# HEALTHY EARS

# HAPPY KIDS



## WHY IS TAKING CARE OF KIDS' EARS SO IMPORTANT?

- Kids can understand their parents and friends better
- Good hearing makes learning easier
- If ears aren't looked after properly, it can lead to hearing problems
- Healthy Ears = Happy Kids!



## WHAT CAN I DO TO HELP MY KIDS HAVE HEALTHY EARS?

- If your child has signs of an ear infection, take them to see the GP
- Keep tobacco smoke away from your kids
- Quit smoking if you're pregnant
- Breastfeed for a least 12 months if you can
- Make sure your kids wash their face and hands regularly
- Feed your kids healthy food like fruit and vegetables
- Make sure your kids get all their vaccinations on time

### WHAT ARE THE SIGNS OF AN EAR INFECTION?

- Signs of a cold (coughing, sore throat, runny nose)
- Difficulty listening and hearing (saying "What!" all the time), not paying attention
- Crying, fever, irritable
- Runny ears
- Constant pulling of ears

