Hey Bindi, why the sad ears? My ears are sore. It feels like my ears are blocked. Looks like your ears are sick. My cuz Roo had the same problem, but we got help.

Wow! Your sad ears are gone! Yes, I took the doctor’s medicine for my sore ears. I’m still following the doctor’s steps to keep my ears happy.

And the doctor said:

 Wash your face and hands
 Blow your nose
 Eat yummy fruit and vegies
 Keep away from cigarette smoke
 Stay away if you’re sick

Get your ears checked by the doctor Bindi!

Hey Bindi, why the sad ears!

As I can hear your cuz coming! Let’s go play footy!
WITH HEALTHY EARS, YOUR KIDS WILL:

- Learn language and talking
- Listen to family stories
- Listen to music
- Talk with family and friends
- Be good at school
- Feel good about themselves and get a job later in life
- Talk to your health worker, nurse or doctor

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

- Quit smoking if you’re pregnant
- Make sure your kids wash their face and hands regularly
- Keep them home if they are sick
- Keep them warm if they are sick
- Make sure kids get their vaccinations
- Avoid second-hand smoke
- Make sure kids get enough rest
- Be good at school
- Feel good about themselves and get a job later in life

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!

CONTACT YOUR NEAREST HEALTH CLINIC:

- Contact your nearest Health Clinic
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