

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



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



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



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

You can also go online at www.health.nsw.gov.au

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?

- Get your kids' ears checked regularly
- Keep tobacco smoke away from your kids
- Quite smoking if you're pregnant
- Breastfeed - it helps fight infection
- 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



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

