



- And the Doctor said:
- ✓ Wash your face and hands
  - ✓ Blow your nose
  - ✓ Eat yummy fruit and vegies
  - ✓ Keep away from cigarette smoke
  - ✓ Stay home if you're sick



# HEALTHY EARS HAPPY KIDS

Talk to your health worker, nurse or doctor

Contact your nearest Health Clinic:



## 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



## LOOK OUT FOR THESE SIGNS FOR SICK EARS

- \* 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



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

- \* Quit smoking if you're pregnant
- \* Breastfeed - it helps fight infection
- \* Make sure your kids wash their face and hands regularly
- \* Make sure kids get their vaccinations
- \* Keep them home if they are sick

## 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!



# HEALTHY EARS HAPPY KIDS