

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested

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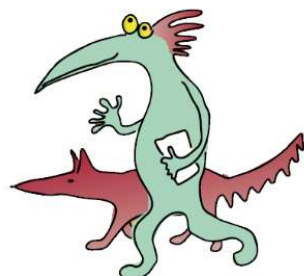
# AUDIOLOGY DEPARTMENT DEAF AWARENESS WEEK ACTIVITY BOOKLET



Information for patients, parents and carers

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## CONTACT US

### WHO WE ARE...?

We provide service that meets our patient's individual needs and reassurance whenever it is required. We support our patients and parents when coming to terms with a hearing loss and ensure that our patients and parents feel confident and happy with whatever they decide. Our service works in partnership with health, education, social and voluntary services with you at the center.

We hope that this booklet has been fun and informative. Remember, if you have any concerns regarding your child's hearing or your own, make sure to speak to your GP.

It is important to address any hearing concerns as soon as possible.

### CONTACT INFORMATION

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## FURTHER INFORMATION & REFERENCES

- ★ NDCS-[Deaf Awareness tips \(ndcs.org.uk\)](https://ndcs.org.uk)
  - [Deaf Awareness Week | Get Involved | National Deaf Children's Society \(ndcs.org.uk\)](https://ndcs.org.uk)
  - [Our children's storybooks | Parenting a deaf child \(ndcs.org.uk\)](https://ndcs.org.uk)
  - [Learn sign language | Sign language for deaf children \(ndcs.org.uk\)](https://ndcs.org.uk)
- ★ NICE guidelines-[1 Guidance | Otitis media with effusion in under 12s: surgery | Guidance | NICE](https://www.nice.org.uk)
- ★ NHS England-[Newborn hearing screening – NHS \(www.nhs.uk\)](https://www.nhs.uk)
- ★ RNID- <https://rnid.org.uk/>
- ★ Sign solutions- [What are the different types of sign language? | Sign Solutions](https://www.signsolutions.org.uk)



## DEAF AWARENESS WEEK OVERVIEW

### WHAT IS DEAF AWARENESS WEEK?

Deaf Awareness Week is an annual event taking place from **2-8<sup>th</sup> May 2022**. The aim of the event is to raise awareness of hearing loss and deafness and to celebrate these individuals whilst also promoting a deaf friendly, inclusive society.

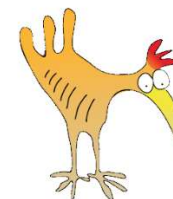
***“Every day, you’re likely to meet someone who is deaf or has some level of hearing loss.”- RNID***

### THE AIM OF THIS BOOKLET

This booklet aims to inform and educate parents of some common hearing problems we see in our clinics while also providing some fun activities the whole family can get stuck into!

Aside from the activities in this booklet can hop over to the NDCS or Twinkl website for some more information and activities to try out!

So, let’s get stuck in! ...

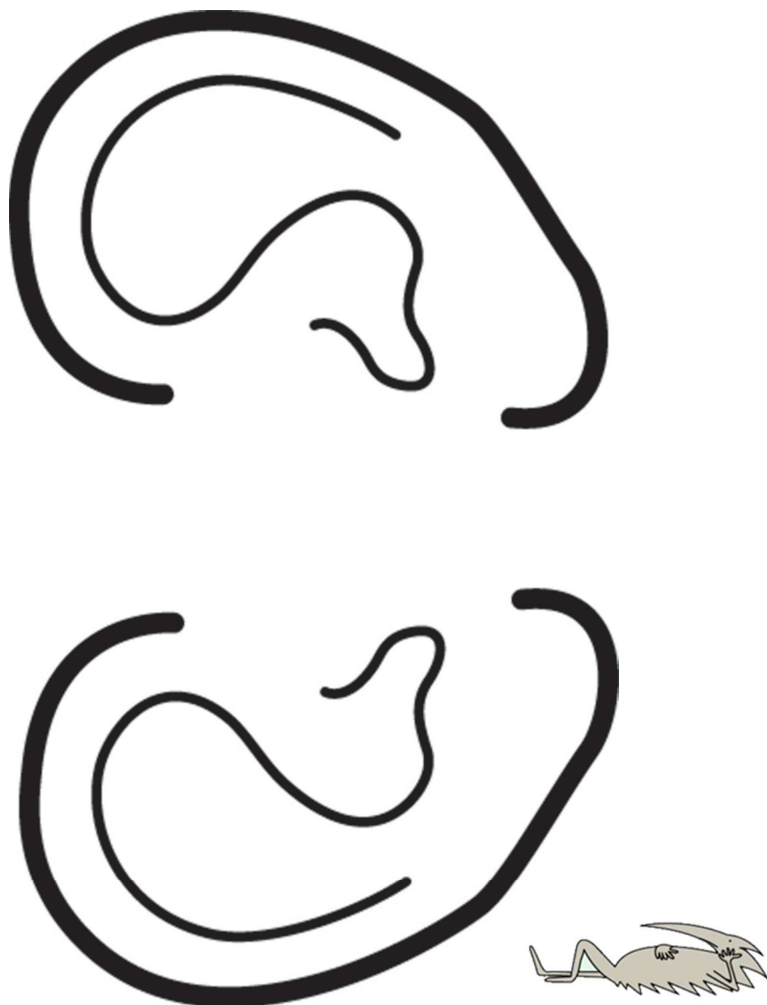


you  
fun

## PINNA ACTIVITY

### COLOUR ME IN!

Our journey of hearing starts from our outer ear also known as the Pinna. This helps direct the sound into your ear canal! Can you help decorate this pinna template?



## COMMUNICATION TACTICS

Here are some communication tips you can use when communicating with a child with hearing impairment or deafness.

### Find out how they communicate

Not all deaf children use British Sign Language (BSL). Every deaf child will have a preferred way of communicating, so find out if they use speech, BSL or a mixture of both.

### Speak clearly and naturally

Deaf children will try to lip-read, so they need you to say words as you normally would. Speaking slowly or too loudly makes lip-reading much more difficult.

### Watch your mouth

Covering your mouth with your hands, eating, chewing or smoking can make lip-reading very difficult. It will also muffle any sound you're making.

### Use visual cues, where possible

Point to what you're talking about, and don't be shy about using gestures to support your communication. For example, if you're telling a group of children dinner is ready, you can do a knife and fork action and point to the dinner table.

### Never give up or say "I'll tell you later"

If one method doesn't work, don't be scared to improvise. You can try texting on your phone, emailing, or good old-fashioned pen and paper.

By making these simple changes, you'll not only keep deaf children part of the conversation – you'll show them they're just as important as everyone else. [Deaf Awareness tips \(ndcs.org.uk\)](http://ndcs.org.uk)

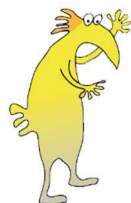
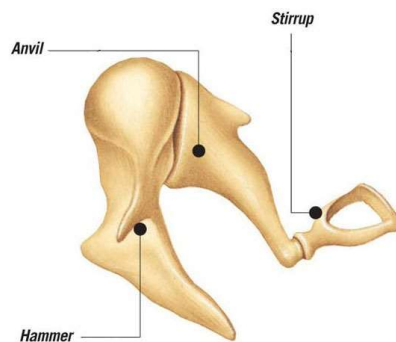
## FOR STORY TIME....

To celebrate deaf awareness week, why not dive into stories into the adventures of deaf characters. The NDCS have complied a list of our favorite books, why not check them out?

[Our children's storybooks | Parenting a deaf child \(ndcs.org.uk\)](http://www.ndcs.org.uk/childrens-books)



Answers for page 10 activity



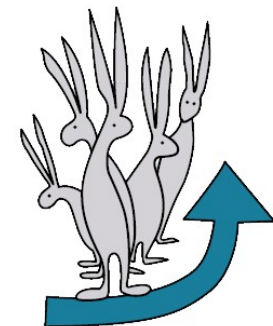
## FACTSHEET-NHSP

Your child's hearing is checked soon after their birth using the Newborn Hearing Screening Program (NHSP). This is an automatic test that helps us identify any babies with a potential Permanent Childhood Hearing Impairment (PCHI).

NHS England predicts that 1-2 babies in every 1,000 are born with permanent hearing loss in one or both. This increases to around 1 in every 100 babies who have spent more than 48 hours in intensive care. Most of these babies are born into families with no history of permanent hearing loss.

Checkout the NHS England Newborn hearing screening website for some further information: [Newborn hearing screening – NHS \(www.nhs.uk\)](http://www.nhs.uk)

If you have any concerns with your baby's hearing or if you have missed the hearing screen for any reason, and have had no follow-up, please consult with your health visitor or GP.

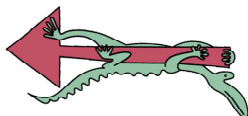




## EAR CANAL ACTIVITY

Our journey continues to the ear canal. This long tube sends sound from outside of your ear down to the eardrum. Let's re-create this and make our own ear canal!

★ **Make sure to ask a grown-up for help. Here is the step-by-step guide:**



### Step 1



Take a finished kitchen or toilet roll.

### Step 2



Now with a grown-up's help, cellotape a piece of paper to the end of the roll like in this picture.

### Step 3



Now grab as many colourful pens, stickers, glitter, anything you can find and decorate the ear canal.

## DID YOU KNOW?...

There are over 300 different Sign Languages around the world. And similar to speech, they can have different regional accents. ([What are the different types of sign language? | Sign Solutions](#).)

Sign language is a visual language that uses hand shapes, facial expression, gestures, and body language.

In Britain the term sign language usually refers to British Sign Language (BSL). BSL is a complete language with a unique vocabulary, construction, and grammar. In Britain there are over 70,000 people whose first or preferred language is BSL. ([Learn sign language | Sign language for deaf children \(ndcs.org.uk\)](#) )

For many children with a profound to severe hearing loss, who get little or no benefit from hearing technology, sign language provides vital access to language and communication. For many deaf children it is their first language and the language through which they are educated.

Some families choose to take an approach that uses lots of different ways to communicate including BSL or another form of signing, to give their children the opportunity to communicate in as many ways as possible.

Even when their children are not deaf, families may choose to introduce sign language early to support language development. Hand-eye coordination develops earlier than speech skills and babies can use simple signs such as milk, eat, sleep, nappy and teddy, before they are able to say these words.

## MAKE SOME NOISE!

We've reached the final stage of the passage of sound. Your brain is like a computer, and it sorts the signals sent from the cochlea and translates them into "sound". For the last activity, let's explore what other sounds we can make. We will need a grown-ups help for this.

★ **Make sure to ask a grown-up for help. Here is what you'll need:**

- **Empty bottle**
- **Objects around the house**

With a grown-ups help, see what items you can find around your home and place it inside the bottle. Shake the bottle and see what sound it makes. See some examples below.



## FACTSHEET- EAR WAX

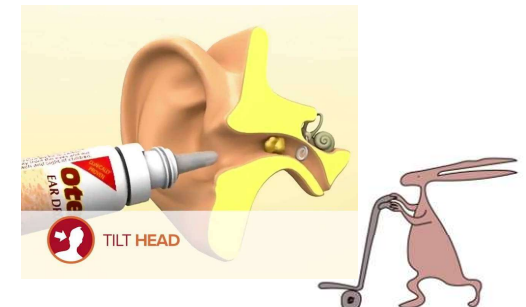
You may notice some wax coming from your child's ear. Wax is a completely normal bodily secretion. Some kids produce more wax than others and we might have the urge to "clean" the ear canal, but it is important to avoid putting anything down your child's (and your own ears). This is because you could risk causing damage to the eardrum. It is completely acceptable to wipe **around** the entrance of the ear canal.

### NO COTTON BUDS DOWN THE EAR CANAL!

Instead, speak with your GP and ask them to look in your child's ear. They will be able to tell you whether your child has a build-up of wax.

If so, they will probably recommend using **Olive Oil** drops which is a natural substance that helps to soften wax which will eventually work its way out of the ear. This must be used on a regular basis for around 2-3 weeks. If you're child has a history of perforation (holes in the eardrum) then olive oil may not be appropriate- please consult with your GP about this.

The olive oil can come in a spray or dropper.



## EARDRUM ACTIVITY

Our journey now moves onto the eardrum. Here, sound hits a membrane causing it to vibrate like a drum and sends these vibrations into the middle ear!

★ **Make sure to ask a grown-up for help. Here is what you'll need:**

- **Bowl**
- **Elastic band**
- **Cling film**
- **Rice, salt, beans**



### Step 1

Place some cling film over the top of a bowl and wrap an elastic band around the bowl tightly.

### Step 2

Place some grains of uncooked rice, beans, or salt on top of the plastic wrap.

### Step 3

Now make some noise! You will need a bigger noise to get the heavier grains to move! Yell, clap your hands, bang the table.



## FACTSHEET-NOISE SENSITIVITY

Many children show a dislike to loud noise most commonly being hand dryers, vacuum cleaners, and fireworks.

In most cases, as children get older, they learn that these sounds are not harmful, and they no longer show distress.

If you are finding that your child is showing these signs, here are some tips we tell parents to try and overcome this:

- Explain the source of the sound
- Turn it into a game
- Let the child be in control of noise i.e. holding hand dryer, stopping/starting vacuum cleaner, making loud noise themselves
- Record the sound that the child finds distressing and gradually increase the volume
- Older children may be reassured that they may leave the room i.e. class for a short period of time if noise becomes distressing

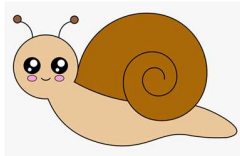
If you have noticed an ongoing problem or the issue persists, please consult with your GP.





## COCHLEA ACTIVITY

Now we move onto the Cochlea! This is your hearing organ. Like a piano, it sorts the sounds and sends it up to your brain! It looks a little like a snail's shell!



★ **Make sure to ask a grown-up for help. Here is what you'll need:**



- Glass Cups
- Water
- Optional: different coloured food colouring

### Step 1

Line the glass cups up

### Step 2

Fill the cups with different levels of water as shown in the picture and you can add some different coloured food colouring to make it like a rainbow

### Step 3

Now you can tap the glass and hear the different sounds you make.



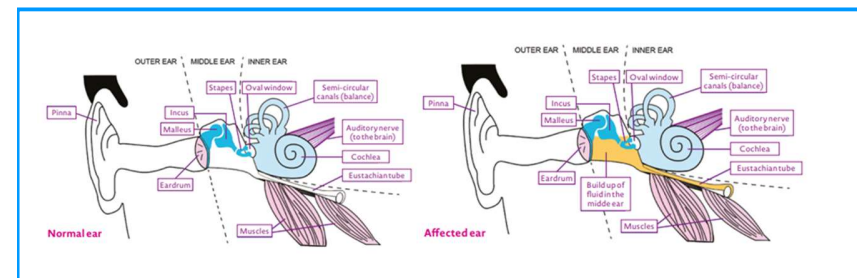
## FACTSHEET- GLUE EAR

This is a common condition in young children especially in the winter months. A common misconception is that it occurs in the ear canal.

Glue ear is a sticky fluid that builds up in the middle ear i.e., **behind** the eardrum. We see many children with this condition, and we usually employ a watchful waiting period of around 3-6 months as most cases resolve by itself as recommended in the NICE guidelines.

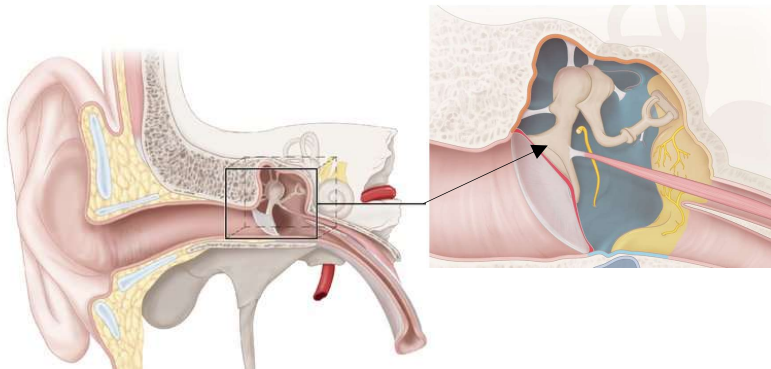
You may not know when your child has glue ear. If you or your child's school notice that they are "not listening", asking you to repeat, express earache, then speak with your GP who will examine your child's ear and discuss and management if necessary. If they chose to refer your child to Audiology, then we will conduct an examination and hearing test and decide with you the best course of action.

Check out the NICE guidelines for more information: [1 Guidance | Otitis media with effusion in under 12s: surgery | Guidance | NICE](#)

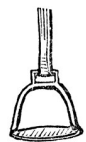


## OSSICLES ACTIVITY

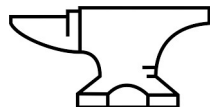
Now we have arrived at the middle ear bones called the Ossicles. These are 3 tiny bones which help transfer the sound to your cochlea; we will move onto this next. Fun fact: these bones are no bigger than a 10p coin!



Can you match the bones to their lookalike objects?



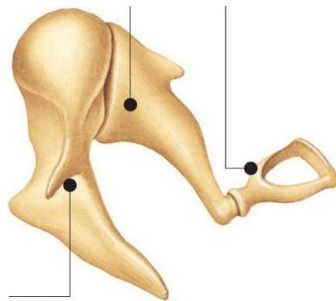
Stirrup



Anvil



Hammer



(Answers on page 16)

## FACTSHEET- HEARING AIDS

There are many different types of hearing aid devices out there for different types of hearing losses! Here are a few that you might see other little boys and girls wearing and some grown-ups too!

Although hearing aids help these boys and girls to hear, it is still important to use your Communication Tactics!

