

Children's audiology

Getting your child to wear their hearing aids

Information for patients, relatives and carers

When a child first starts wearing hearing aids, it's important they wear them regularly. This allows your child to get used to them and you and the audiologist to see how much they're helping. Here are some tips from parents on how to get children to wear their hearing aids.

Making the hearing aids comfortable and secure

- Hold the ear moulds in your hand for a couple of minutes before trying to put them in. This makes them warmer, softer, easier to put in and more comfortable
- If you notice your child removing their hearing aids after loud noises or because their ears hurt or if your baby blinks often when they are listening to sounds around them, check the settings on the aids and talk to your child's audiologist or teacher of the deaf
- Your baby's aids may whistle when you feed them or when they're lying down. This is called feedback and it happens because the microphone on the aids is close to something solid. Arranging pillows behind your baby, holding them in a different position or temporarily turning their aids down while they are feeding can help
- If you have a young or very active child, ask the hospital for hearing aid retainers. They secure the hearing aid to the ear and stop them flapping about
- Some parents choose to use headbands to help secure the hearing aids in place – you can buy these online from several popular retailers. Your audiologist can tell you the name and make of your hearing aids so these can be custom made for your child

Slowly build up the length of time your child wears their hearing aids

- If necessary, start with getting your child to wear their hearing aids for a couple of minutes several times a day, building up the time gradually. If your child keeps taking them out, try again later when you're both more relaxed. Remember to try to make it a positive experience
- You could also encourage your child to wear one aid at first and slowly extend the time they wear it. When they wear it all day introduce the other aid

Make wearing hearing aids part of a routine

Try making the hearing aids part of your child's dressing and undressing routine. Put the hearing aids in when they get up and take them out at night.

Make the hearing aids appealing to your child

Hearing aids and cochlear implants are available in different colours and you can also decorate them with stickers. You can customise them with your child's favourite TV/book characters. Please see the additional information below for links to further information.

Use distraction techniques when putting the hearing aids in

Try distracting your child with their favourite toy when you're putting the aids in or put them in while your child's concentrating on something, such as the TV.

Let your child see other hearing aid users

Try to meet other families with a deaf child so that your child sees they're not the only one. It may also be useful to meet adults with hearing aids so that your child can see that people of all ages wear them.

Books about children with hearing aids can be helpful. Please see the additional information section below.

Offer rewards for wearing hearing aids

You could use a sticker chart to record every time your child wears their hearing aids and give them a special treat if they wear them for a week.

Your audiologist or teacher of the deaf can discuss these strategies and provide further support.

Additional information and links

National Deaf Children Society (www.ncds.org.uk):

- [Getting your child to wear their hearing aids and cochlear implants](#)
- [Daisy and Ted's Awesome Adventures](#)

Contact details

Charing Cross Hospital (Children's)	St Mary's Hospital (Children's)	Woodfield Road Medical Centre (Children's)
Children's hearing department Charing Cross Hospital 2nd floor, north wing Fulham Palace Road London W6 8RF Tel: 020 3311 1020 Email: childrens.hearing@nhs.net	Children's outpatients 6th Floor, Queen Elizabeth Queen Mother Building St Mary's Hospital Praed Street, London W2 1NY Tel: 020 3312 2448 Email: smpaediatic.audiology@nhs.net	The Medical Centre 7e Woodfield Rd London W9 3XZ Tel: 020 3312 2448 Email: smpaediatic.audiology@nhs.net

How do I make a comment or suggestion?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments**, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross Hospital), or **020 3312 7777** (St Mary's Hospital). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:
Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

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