**Tips for Parents: Encouraging your child to wear hearing aids consistently**

When hearing aids are initially fitted, some parents report difficulties in trying to get young children to wear them. There are some helpful tips below on how to introduce the hearing aids and establish them in your child’s life. It is essential that parents portray a positive attitude to wearing hearing aids, as their child will often reflect and adopt this attitude themselves.

The main aim will be to try and get your child to wear the hearing aids all the time they are awake. This ensures that they will have full access to all sounds around them, which are vital when trying to develop everyday listening skills.

Think about how much you continuously use your ears to listen to the surrounding environment and how these sounds give you information about what’s happening. Your child needs to be exposed to these sounds as well to enable them to detect and discriminate them and develop their understanding and skills rather than only being exposed to them for short periods of the day.

Evidence has shown that when children wear their hearing aids for more hours during the day, this increases their exposure to language, which has been directly linked with better communication.

The hints and tips that are listed below are recommended by the NDCS (National Deaf Children’s Society), in trying to get babies and children used to wearing their hearing aids. Further information leaflets can be found at www.ndcs.org.uk or can be provided by your audiologist.

**Inserting hearing aids:**

• By warming the earmould in your hand this can help with the

acceptance of the hearing aid under the following reasons:

1. Less of a shock due to being closer to body temperature.

2. The ear mould will be more pliable which makes it easier to

insert and more comfortable.

• Parents can insert the hearing aid prior to the baby or young child

waking up. (However please never leave a young child alone with

a hearing aid in as they may put it in their mouth which could be a

choking hazard).

• Many babies and children react well to routine so introducing the

hearing aids as part of the dressing and undressing routine can help

to promote wearing them whilst they are awake.

**Once hearing aids are inserted:**

• Some children enjoy wearing their hearing aids from the moment

they are introduced

• Other children have to build up the length of time that they wear

their hearing aids. You could start with just a couple of minutes

several times a day.

• Try to establish with your child that you or a responsible adult is the

person that takes the hearing aid out and not the child that is pulling

them out.

• Distract your child with a favourite toy or TV program, as they

will then associate wearing the hearing aids with completing fun

activities.

• If your child removes the hearing aids when they are subjected to loud

sounds, contact the audiology department as the hearing aids may

require a slight adjustment.

• You could introduce a reward system or sticker if a child wears their

hearing aids.

• Some parents report that their children won’t wear their hearing

aids after school. You could try giving them a specified break,

maybe for 30 minutes, and then start using the hearing aid(s) again.

Communication and learning continues at home as well as school and

being able to hear conversation at the dinner table or listen to the TV

at a normal volume will make life easier for everyone.

**Removing hearing aids:**

• Keep the hearing aids in a special and safe place. For young children

take their hearing aid out and along with your child take them to the

special place and put the aids away. They will learn to put the aids in

the special place when they take them out, and you won’t have to go

looking for them every time they disappear.

• For older children who are old enough and are developing

independence then they should be encouraged to remove their own

hearing aids.

• Don’t force your child to wear their hearing aids. It is much better to

encourage your child to like wearing them. It is better for them (and

you) in the long run if they have a positive attitude towards their aids.

*Extract from*[*https://www.royalberkshire.nhs.uk/patient-information-leaflets/audiology%20paediatric%20hearing%20aid%20information*](https://www.royalberkshire.nhs.uk/patient-information-leaflets/audiology%20paediatric%20hearing%20aid%20information)

**Further tips and advice:**

<https://successforkidswithhearingloss.com/wp-content/uploads/2013/07/Preschoolers-2-to-5-years-final-3_11_14.pdf>

<https://www.oticon.com/-/media/oticon-us/main/download-center/family-support-materials/professional-all/35537-keeping-hearing-aids-on-young-children.pdf>

<https://www.ndcs.org.uk/information-and-support/childhood-deafness/hearing-aids/getting-your-child-to-wear-their-hearing-aids-and-cochlear-implants/>

<https://www.ndcs.org.uk/information-and-support/parenting-and-family-life/parenting-a-deaf-child/our-childrens-storybooks/daisy-and-teds-awesome-adventures/>

<https://www.phonak.com/uk/en/support/children-and-parents/using-hearing-aids/encourage-your-child.html>

Ideas for decorating aids

<https://www.pinterest.com/phonakofficial/little-ears-deaf-kids-and-babies-with-hearing-loss/>