

## Ear wax management & ear health

Taking care of your child's ears is an important part of maintaining their hearing health. Here are some practical tips to help keep their ears clean and healthy:

### ✓ What to Do:

- **Let the ears clean themselves:** Ears are self-cleaning. Wax naturally moves out of the ear canal on its own.
- **Wipe the outer ear:** Use a damp cloth to gently clean around the outer ear — never insert anything into the ear canal.
- **Seek medical help if needed:** See your local doctor if your child has a buildup of wax affecting their hearing, or if they experience ear pain, ringing, or a feeling of fullness in the ear.
- **Protect from loud noise:** Encourage your child to wear ear protection (like earplugs or noise-canceling headphones) in noisy environments to prevent damage.
- **Dry ears properly:** After swimming or bathing, gently dry the outer ear with a towel to prevent moisture buildup, which can lead to infections like swimmer's ear.

### ✗ What NOT to Do:

- **Avoid cotton buds or hairpins:** Never insert foreign objects into the ear canal, as this can push wax further in or cause injury.
- **Say no to ear candles:** These are not safe or effective for removing wax and can cause burns or blockages.
- **Don't ignore ear pain:** Persistent pain, fluid discharge, or hearing loss should always be checked by a healthcare professional — don't wait for it to go away on its own.

### ☀ Extra Tips for Kids with Hearing Devices:

- **Check for wax regularly:** Ear wax buildup can affect how hearing aids or cochlear implants work. If you notice a decrease in sound quality, wax could be the cause.
- **Keep devices clean:** Clean hearing aids daily, following the audiologist's instructions, and store them in a dry place.

Good ear health supports better hearing, which is essential for your child's communication and development. When in doubt, always ask your doctor or audiologist for advice.