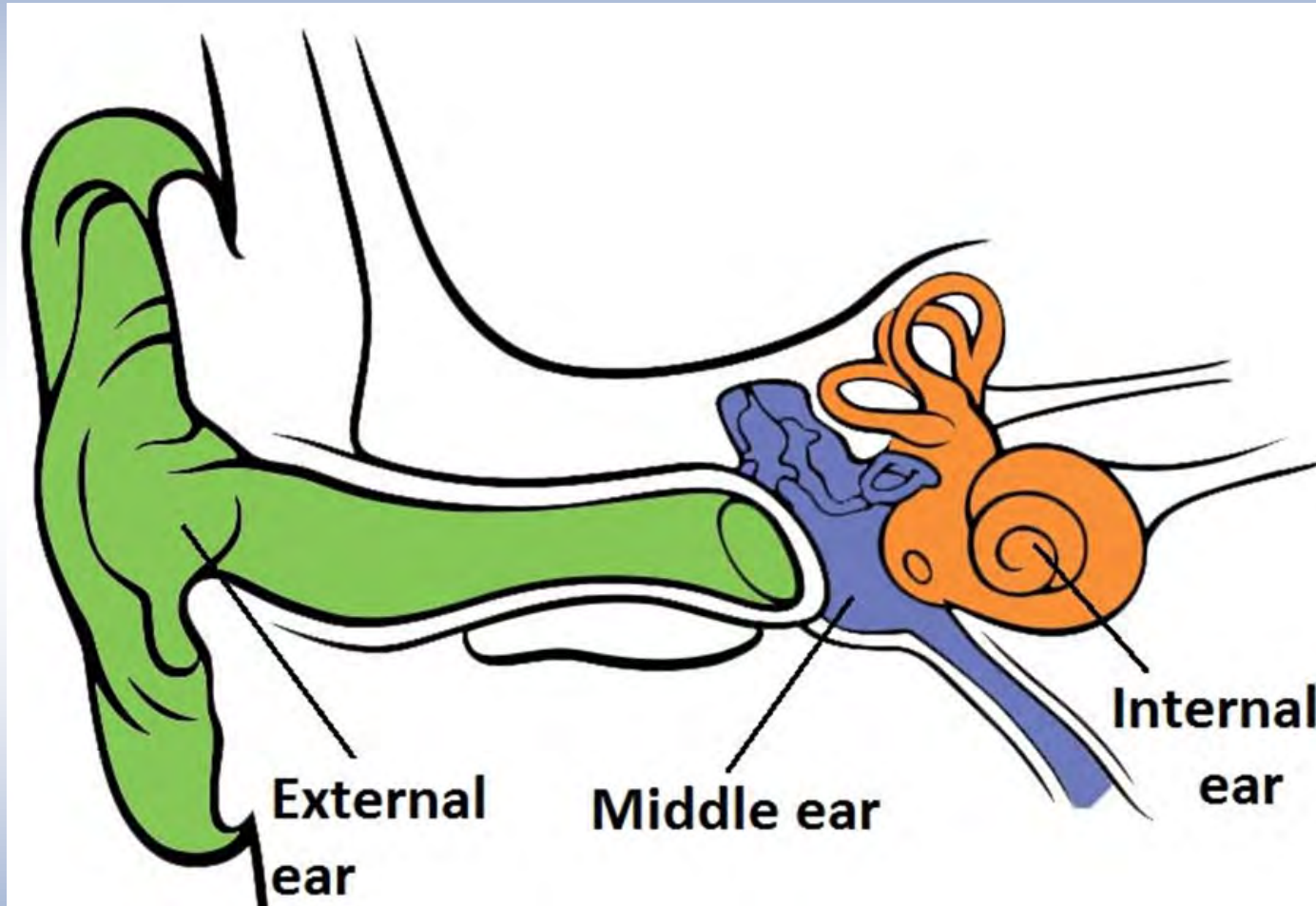


Week One

Middle Ear Disease—What is it?

Middle Ear Disease



Middle Ear Disease

Talking Points

1. Middle ear disease is when the **middle** of the ear gets *inflamed* or *infected*.
2. It is very common in young children, and some kids can develop middle ear disease shortly after birth.
3. Middle ear disease can cause hearing loss which can have a big impact on kids' development.

Middle Ear Disease: Talking Points

1. The middle ear is connected to the nose by the Eustachian tube.
2. Different triggers can cause this tube to not work well, such as:
 - A cold
 - Big adenoids behind the nose
 - Children having flat eustachian tubes
 - Allergies
3. The middle ear naturally makes fluid. When the eustachian tube is blocked, the fluid can't get out. It builds up, and it is not able to do its job properly and this might make it hard to hear.

Middle Ear Disease: Talking Points

4. If you think there is a problem, make sure your child has a check up with your doctor, nurse or health worker. It is important to get on top of otitis media early to prevent other problems such as:

- Hearing loss
- Speech and language delay
- Burst ear drums
- Difficulties with balance

Activity One: Slime Trays

1

Make your own slime!

Ingredients:

- 500g cornflour
- 375ml water
- Food Colouring

Method:

1. Add cornflour to a bowl
2. Add food colouring to water
3. Mix everything together
4. Store in a container and refrigerate



2

Set up slime tubs

What you need:

- Slime , (pre-made)
- Plastic trays or tubs (1 per family)
- (Optional) Mr Potato Head bits

How to set up:

1. Add slime to each tub
2. Hide Potato Head bits in the slime
3. Have slime tubs ready for parents to play with their kids after discussing middle ear disease



3

Facilitate play

What to do:

- Wander around the room and talk to each family.
- Encourage children and parents to yarn while they play
- Encourage families to build the potato head, and be sure to find the ears so he can hear
- Talk to families about how the slime is like the fluid that can build up in a child's ear, stopping it from working properly.

