Week Four

Middle Ear Disease—Prevention
Preventing Middle Ear Disease

Get kids ears checked

Keep kids clean

Help kids to blow their nose

Don’t smoke near kids

Always take kids to a local health centre if you suspect a middle ear disease

Feed kids healthy foods

Keep immunisations up to date

Breast feeding helps

Don’t put anything in kids ears
Prevention: Talking Points

- (Start the session with the prevention ideas covered up by cards).
- Remind parents that middle ear disease is caused by germs that get into the middle ear and make the ear ‘sick’.
- Introduce the idea that the same things that help keep kids healthy also help to prevent middle ear disease.
- Ask parents to share their ideas about ways we could help keep kids ears healthy.
- As parents share ideas, talk about and remove the card covering the most related prevention idea and pass it around.
- If needed, you could ask prompting questions, (e.g. “what could you do if you were concerned your child might have sick ears?”).
Get kids’ ears checked
Keep kids clean
Help kids to blow their nose
Keep smoke away from kids
Always take kids to a local health centre if you suspect a middle ear disease
Feed kids healthy foods
Breast feeding helps
Don’t put anything in kids’ ears
Keep immunisations up to date
Activity Four: Make a Vege Person

1. What you will need
   1. Assorted chopped fruits & veges
   2. Toothpicks, Skewers & spatulas
   3. Paper plates
   4. Cream cheese or vege dip
   5. Mini tongs

2. Getting set up
   1. Set out trays with fruits, veges, tongs, skewers & spatulas
   2. Have plates available for each person
   3. Make up a few example vege people to show families.

3. Make a vege person
   1. Parents help their children to select the fruits and veges they need
   2. Parents help their children to make a vege person. Encourage parents to talk about the different foods, colours, textures, etc.
   3. Everyone can then eat together
Activity Three: Soap Bunnies

What you need, (per child)
1. A face washer
2. A soap bar
3. A texta for drawing eyes/nose
4. A ribbon or elastic band
5. 2 pom-poms (optional nose & tail)
6. Glue gun (optional for gluing on pom-poms)
7. Optional: printed song lyrics

Parents & kids make bunnies
1. Lay the washer flat.
2. Place the soap bar in one corner
3. Roll the soap to wrap it in the washer.
4. Pull the gathered sides of the washer together at the top of the soap bar to make the bunny ears.
5. Tie ears together with ribbon
6. Glue on pom-poms, beads etc. for eyes, noses and tails, (or draw them)

Sing together
“Bunny hops to the running stream
To wash her paws and make them clean
Rub-rub-rub soapy paws
Now they’re clean; can you wash yours”

(To the tune of Five Little Ducks)