Middle Ear Disease & the Impacts

What can I do?

A Facilitator’s Guide to Knowing Do-
Knowing

What is Middle Ear Disease?

When the **middle** ear gets *blocked* or *infected*

- Germs that cause a runny nose can use the ear tube, to get into the ear, making it sick or blocked-up.
- The ear, naturally makes fluid. When it’s blocked, fluid build up making it hard to hear.
- The middle ear can get so full of fluid & mucus that it bursts a hole in the ear drum.
Knowing
What are the symptoms of Middle Ear Disease?

- Signs of a cold
- Not eating
- Pain in ear
- Diarrhoea/vomiting
- Kids pulling ears
- Can’t hear properly
- Sometimes there are no symptoms
Healthy ears are important for a strong future, just as strong roots help a tree grow well.

Middle Ear Disease impacts hearing, which effects kids learning to talk, listen, learn and play.

We can help by knowing the signs of Middle Ear Disease; promoting healthy ears; and yarning with parents.
Knowing

How can we prevent Middle Ear Disease?

- Getting kids ears checked
- Getting kids to blow their noses
- Keeping hands and faces clean
- Kids eating healthy foods
- Up to date Vaccinations
- Breastfeeding fights infection
Doing

What can we do to help?

- What prevention ideas can we add to every day routines at Playgroup?
- What activities at Playgroup could help with talking about ears and hearing?
- What tips are there for yarning with parents if we’re worried a child could have middle ear disease?
- What are the services that can help with ears, hearing or child development concerns?
Sharing

What can we do to help?

Let’s Brainstorm Together:

Yarning with Parents

Prevention Ideas

Linking with Services

Activities at Playgroup
Sharing

Facilitators Share Their Thoughts:

Ideas for Yarning with Parents
“First you’ve gotta find a common ground with parents”
“They need to know this is a safe place”
“Let them know you’re happy to help”
“You can speak up because of your professional role”
“If you have experience (with ear disease), you can step out of your comfort zone”

Prevention Ideas
“You can demonstrate to the kids how to blow their nose”
“You can have bins and sanitizer at the kid’s level”
“You can have bins ready and tissues”
“Notice the nose—if kids are sniffing a lot, their ears could be affected”

Ideas for Linking with Services
“Parents don’t usually ask questions but if I noticed ear troubles I would tell the parent how to go for an ear check...”
“...cause if they have affected hearing they can get behind at school”

Ideas for Activities at Playgroup
“The ladies at FAFT can send you activities to do”
“You can make them up for families to take home if they want”
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References

• http://www.careforkidsears.health.gov.au

• http://developingchild.harvard.edu/