It's A Noisy Planet
PROTECT THEIR HEARING®

*A program of the National Institutes of Health*
**http://www.noisyplanet.nidcd.nih.gov**

# Protect Their Hearing: What Parents Can Do

**Noise is everywhere, so it's important to protect your child's hearing. Here are some easy suggestions for what you can do in your home and community to prevent noise-induced hearing loss (NIHL).**

- Be aware of the sources of potentially damaging sound. Many common electronic and electrical devices around the home, such as power tools and music players, can reach unsafe noise levels. How close you are to the sound and how long the noise continues also matters. See the Noisy Planet fact sheet *How Loud Is Too Loud? How Long Is Too Long?* (*http://www.noisyplanet.nidcd.nih.gov/info/Pages/howloud.aspx*) for more information.
- Place hearing protectors, such as earplugs or earmuffs, where they are most likely to be needed. Suggested places are next to a lawn mower, tractor, or all-terrain vehicle and in a woodworking shop and garage.
- Place red stickers on objects that can reach unsafe decibel levels. Remind family members that a sticker means that they should reduce the time they are around these objects or should use hearing protectors.
- Tape a volume scale on your television or remote control to show where the sound level can be listened to safely.
- Set the maximum volume on your child's MP3 player or other electronic device to a safe level.
- Involve school administrators, teachers, and your Parent-Teacher Association in reducing noise levels in the school and during after-school events. Suggest that the school:
  - Invest in a decibel meter to measure the noise levels of gym classes, the cafeteria, music class, and hallways during class changes.
  - Make students aware of how noisy these areas are and point out the potential risk to their hearing.

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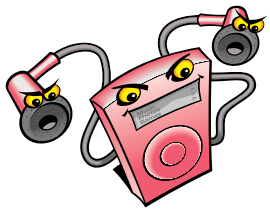
- Partner with a local drug store or sporting goods store to distribute earplugs at school concerts, sporting events, and loud social events.
- Distribute copies of NIDCD's middle-school curriculum *How Your Brain Understands What Your Ear Hears* to seventh- and eighth-grade science and health teachers. (Teachers may order or download free copies from *http://science.education.nih.gov/supplements/nih3/hearing/default.htm*.)

- Use the drop-in article available at the Noisy Planet website at *http://www.noisyplanet.nidcd.nih.gov/parents/Pages/dropinparents.aspx* in your school and community newsletters to get people involved in helping to reduce noise.



More tips are available at the Noisy Planet website.

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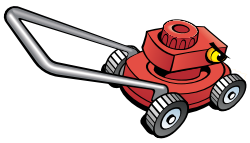

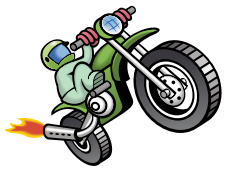

The National Institute on Deafness and Other Communication Disorders (NIDCD) sponsors *It's a Noisy Planet. Protect Their Hearing.* This national public education campaign is designed to increase awareness among parents of children ages 8 to 12 (tweens) about the causes and prevention of noise-induced hearing loss (NIHL). With this information, parents and other adults can encourage children to adopt healthy hearing habits before and during the time that they develop listening, leisure, and working habits. To find out more about how to protect your hearing and that of your family, visit the Noisy Planet website at *http://www.noisyplanet.nidcd.nih.gov.*

For more information about your hearing and hearing loss, contact:

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National Institute on Deafness and Other Communication Disorders

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