

Children's audiology

Getting your child to wear their hearing aids

Information for patients, relatives and carers

Introduction

When a child first starts wearing hearing aids, it's important they wear them regularly. This allows your child to get used to them, and you and the audiologist to see how much they're helping. Here are some tips from parents on how to get children to wear their hearing aids.

Making the hearing aids comfortable and secure

- hold the ear moulds in your hand for a couple of minutes before trying to put them in. This makes them warmer, softer, easier to put in and more comfortable
- check the settings on the aids and talk to your child's audiologist or teacher of the deaf
 - if you notice your child removing their hearing aids after loud noises or because their ears hurt
 - if your baby blinks often when they are listening to sounds around them
- your baby's aids may whistle when you feed them or when they're lying down. This is called **feedback**. It happens because the microphone on the aids is close to something solid. It can help to:
 - arrange pillows behind your baby
 - hold them in a different position
 - temporarily turn their aids down while they are feeding
- if you have a young or very active child, ask the hospital for hearing aid retainers. They secure the hearing aid to the ear and stop them flapping about
- some parents choose to use headbands to help secure the hearing aids in place. You can find several popular retailers on the internet. Ask your audiologist for the name and make of your hearing aids so the headbands be custom made for your child.

Slowly build up the length of time your child wears their hearing aids

- if necessary, start with getting your child to wear their hearing aids for a couple of minutes several times a day. Build up the time gradually. If your child keeps taking them out, try again later when you're both more relaxed. Try to make it a positive experience

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- you could also encourage your child to wear one aid at first and slowly extending the time they wear it. When they wear it all day, introduce the other aid

Make wearing hearing aids part of a routine

Try making the hearing aids part of your child's dressing and undressing routine. So, put the hearing aids in when they get up and take them out at night.

Make the hearing aids appealing to your child

Hearing aids and cochlear implants are available in different colours, and you can also decorate them with stickers.

You can customise them with your child's favourite TV or book characters. See 'Support and resources' below.

Use distraction techniques when putting the hearing aids in

Try distracting your child with their favourite toy when you're putting the aids in. Or put them in while your child's concentrating on something, such as the TV.

Let your child see other hearing aid users

Try to meet other families with a deaf child so that your child sees they're not the only one. It may also be useful to meet adults with hearing aids so that your child can see that people of all ages wear them.

Books about children with hearing aids can be helpful. More 'Support and resources' below

Offer rewards for wearing hearing aids

You could use a sticker chart to record every time your child wears their hearing aids and give them a special treat if they wear them for a week. Your audiologist or TOD can discuss these strategies and provide further support.

Support and resources

The National Deaf Children Society (NDCS) – [ndcs.org.uk](https://www.ndcs.org.uk) – offers lots of advice and resources to help your child wear their hearing aid. Read personal stories by families with deaf children.

For example:

- [Keeping hearing technology on babies on toddlers](#)
- [Decorating your child's hearing aids or cochlear implant](#)
- [How do I... encourage my child to keep their hearing aids or implants on?](#)
- NDCS [children's storybooks](#)
- Children's books with a Deaf character or focus

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Alternative formats

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