

Children and tinnitus

Top tips for families:

- Tinnitus is a name for noises that are heard in the ears or in the head, that no-one else can hear
- People can describe all kinds of different noises, e.g. banging, beeping, buzzing, whooshing
- Tinnitus can be heard in one ear, two ears, or change ears. It can also be sensed somewhere in the head
- Tinnitus can come and go or appear to be there all the time
- Sometimes the noises can feel louder or quieter
- Lots of people of all different ages can experience tinnitus- this is important to explain to your child as they may feel they are the only one with tinnitus
- Talking about tinnitus with your child can be very helpful
- Tinnitus can appear to be louder when your child is tired, or maybe a bit worried about something
- Sometimes we don't know why tinnitus starts
- Having gentle sounds playing in the background can sometimes be helpful, especially if they are having sleeping difficulties
- Rarely, some children may have tinnitus that causes them discomfort or distress on a regular basis. If you feel your child is experiencing this, speak to a member of our team for extra help and support

Get in touch

Virgin Care is proud to provide the B&NES and Wiltshire Children's Community Audiology Service.

For further information please contact:

Children's Audiology

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St Martin's Hospital

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Bath BA2 5RP

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e: vcl.bathneswiltschildrensaudiology@nhs.net

w: www.wiltshirechildrensservices.co.uk/audiology

The National Deaf Children's Society

t: 08088 008 880

w: www.ndcs.org.uk

The British Tinnitus Association

t: 0800 018 0527

w: www.tinnitus.org.uk