

Children and loud noises

Top tips for families:

- For some children, everyday sounds can become annoying or appear to be too loud. Your child may get upset or become frightened or angry around noises that do not trouble other children around them. They may cover their ears or try to get away from the sounds which appear to be too loud
- Some of the sounds that can cause upset include:
 - The vacuum cleaner
 - Balloons popping
 - Discos, loud music and parties
 - Traffic noise such as lorries
 - Clapping and shouting
 - Fire alarms and fireworks
- Sensitivity to loud sounds is very common in young children. The world can be a noisy place and they may think that the loud noise is a threat or a danger. If they hear a sound again that has frightened them in the past they may associate the noise with fear
- Often sensitivity to sounds can be helped. If possible, let your child know the sound is about to occur. Talk together about the sounds that are happening
- Seeing where the sounds are coming from is often helpful. It is important to be calm, gentle and encouraging
- Encouraging the use of ear defenders is often not helpful

- Where possible, showing your child that they can have control over switching the sound on and off can also be helpful
- Avoiding sounds altogether and making environments quiet is not helpful
- As children get older and their understanding about sounds improves, the sensitivity may start to reduce
- Sometimes sensitivity to sounds can be linked with tiredness or worry
- Occasionally some children have a condition that causes them to have pain or discomfort with everyday loud sounds. If you feel your child is experiencing physical pain, speak to a member of our team for extra help and support

For further Information, please contact the Children's Community Audiology Service:

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