

Children and tinnitus

Top tips for families:

- Tinnitus is a name for noises that are heard in the ear(s) or in the head, that no one else can hear
- People can describe 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 volume of the noises can change
- 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

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

T: 01225 394536

E: vcl.bathneswiltschildrenciaudiology@nhs.net

W: www.wiltshirechildrensservices.co.uk/audiology or
<https://bathneshealthandcare.nhs.uk/childrens/hearing-services/>

National Deaf Children's Society (NDCS)

T: 0808 800 8880

W: www.ndcs.org.uk

British Tinnitus Association

T: 0800 018 0527

W: www.tinnitus.org.uk