

# INSTRUCTIONS FOR USE OF FLIP CHART

- With the use of this chart, you can inform people regarding care of the ears.
- In order to use it correctly, explain to the group that it is important to take good care of the ears.
- This chart has many pages with pictures and written information. Hold the chart, so that these pages face the group. The same information along with few additional points is also given on the page facing you. Generate discussion with the group, as per the points given on this page. Explain the text to the group.
- In the end, tell the group that with proper care, we can continue to enjoy good hearing throughout our lives.

## EARS ARE IMPORTANT

Ears help us in connecting with the world. Imagine a day when you are not able to hear what your near and dear ones say.



# EARS ARE IMPORTANT

## DISCUSSION

- First ask the group about the role of the ear in the body. Discuss about the effects of poor hearing on our lives.
- Ask them their experiences regarding various ear problems in their family like ear discharge, hearing loss, pain in ear etc.

## EXPLAIN TO THEM

- There are nearly 300 million persons in the world who have hearing loss
- Proper care of our ears can prevent many such diseases that lead to hearing loss

# GOOD BREASTFEEDING PRACTICES

The care of ear should start soon after birth.

Always breast feed the baby with the head slightly raised.



# GOOD BREASTFEEDING PRACTICES

## DISCUSSION

- Ask the mothers as to how they position their child while breast feeding.

## EXPLAIN TO THEM

- If the child is lying horizontal while breast feeding or bottle feeding, the milk can reach into the ears of the child. This can lead to pus formation in the ear and sometimes causes pain in the ear .
- The care of ear should start soon after the birth of the child.
- Always feed the baby with the head slightly raised. Discourage bottle feeding.

## PROBLEMS WITH EAR, NOSE AND THROAT

If the child suffers from a discharging ear, recurrent pain in the ear or recurrent nose and throat infection-  
Consult a doctor immediately



# PROBLEMS WITH EAR, NOSE AND THROAT

## DISCUSSION

- Ask the group if there is any child in their family or neighborhood who has a discharging ear or who complains of pain in the ear.

## EXPLAIN TO THEM

- Discharge from the ear indicates a serious disease within the ear. If it is not treated properly, it can lead to hearing loss.
- At times, this can also cause serious complications (related to brain) and be life threatening.
- Discharging ear **MUST** be examined at the earliest and proper treatment started.
- Similarly, doctor should be consulted for recurrent pain or infection of ear, nose and throat in children.

# SHARP OBJECTS MAY DAMAGE THE EAR



Never use pointed objects like hairpin, pen, pencil, matchstick or ear buds to clean or scratch the ear. It may damage the ear drum.



# SHARP OBJECTS MAY DAMAGE THE EAR

## DISCUSSION

- Ask the group, how frequently they clean their ears from inside.
- Ask them about what they use to clean their ears.

## EXPLAIN TO THEM

- Ears have been designed by nature in a manner that they can clean by themselves.
- We should only clean the ears from outside by wiping it with a towel, handkerchief, soft cloth or cotton.
- Never try to clean the ear from inside. This can be harmful.

## UNTRAINED PERSON WOULD DAMAGE THE EAR

Do not put any kind of oil or other liquids in your child's ear. Do not go to road-side quacks or untrained persons to get your ears cleaned.



# UNTRAINED PERSON WOULD DAMAGE THE EAR

## DISCUSSION

- Ask the group, if they have ever put oil or any other liquid in their ears.
- Ask them, whether anyone has gone to any quack to get their ears cleaned.

## EXPLAIN TO THEM

- Instilling oil or any liquid into the ear can harm the ear. It can even lead to infection of the ear.
- Quacks or any untrained person would damage the ear while cleaning it. Never visit them for ear cleaning.

## BE WATCHFUL OF THINGS YOUR CHILD PLAY WITH



Be careful in letting the children play with things like beads, seeds, buttons, peas etc. They may put them in ear.

# BE WATCHFUL OF THINGS YOUR CHILD PLAY WITH

## **DISCUSSION**

- Ask the group, if they have ever heard of or seen a child who has put something like a bead, button, stone or seeds in to her/his ear.

## **EXPLAIN TO THEM**

- Young children at times insert something into their ear while playing with things like beads, seeds, buttons etc.
- This can damage the ear drum and lead to infections.

## DO NOT SLAP OVER EAR

Never slap anyone on the ear. It can damage the hearing apparatus.



# DO NOT SLAP OVER EAR

## DISCUSSION

- Discuss with the group about how parents/teachers/ friends sometimes hit the children.
- Ask them what they think can happen if a child is hit over the ears.

## EXPLAIN TO THEM

- A slap or injury over the ear can cause the ear drum to tear or rupture.
- This can lead to hearing loss.

## AVOID LOUD NOISES



Avoid exposure to sudden loud sound such as crackers, loud toys, loud Speakers and gunshots. These can cause permanent deafness.



# AVOID LOUD NOISES

## DISCUSSION

- Discuss with the group about their experience with firecrackers especially the noise producing ones.
- Ask them if they can think of any problem which can occur with the use of such crackers.

## EXPLAIN TO THEM

- Bangs or loud sounds can harm our hearing.
- It can also cause tearing of the eardrum and damage the hearing nerves permanently.

# TOO MUCH NOISE IS TOO DANGEROUS

Continuous exposure to loud sound (music system, factory noise, traffic sound) for a prolonged period is damaging to the ear.



# TOO MUCH NOISE IS TOO DANGEROUS

## DISCUSSION

- Discuss with the group about the sources of noise in our environment.
- Discuss with them regarding loudspeakers, machine, factories, traffic, musical instruments, MP3 players (as applicable to the socio-cultural background of the group).

## EXPLAIN TO THEM

- Regular or continuous exposure to loud sounds such as music system, machines, traffic sounds can lead to hearing loss.

# EARS ARE FOR COMMUNICATION



A person with hearing impairment has difficulty in communicating his feelings and interacting with his friends and family.



# EARS ARE FOR COMMUNICATION

## **DISCUSSION**

- Ask the group about the effect of reduced hearing on our lives.
- Discuss with them about how elderly persons behave when they can not hear well.
- Discuss with them as to what would be the effect of reduced hearing on the education of a child.

## **EXPLAIN TO THEM**

- A person with hearing impairment has difficulty in communicating his feelings and interacting with his friends.
- Proper care of the ears can help us to enjoy good hearing forever!