If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 013 2511 or email: ccs-tr.pals@nhs.net

For free, confidential health advice and information 24 hours a day, 365 days a year contact NHS Direct on 0845 46 47 or via www.nhsdirect.nhs.uk

If you need this information in a different format such as in large print or on audio tape, or in a different language please contact Cambridgeshire Community Services NHS Trust Communications Team on 01480 308216 or via email at: ccscommunications@ccs.nhs.uk

Polish: Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Cambridgeshire Community Services NHS Trust (Publiczny Zespół Opieki Zdrowotnej i Środowiskowej) pod numerem telefonu: 01480 308216 lub email na adres: ccscommunications@ccs.nhs.uk

Portuguese: Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassette áudio ou noutra língua, por favor contacte o Cambridgeshire Community Services NHS Trust (Trust NHS dos Serviços Comunitários de Cambridgeshire), através do telefone 01480 308216, ou envie um e-mail para: ccscommunications@ccs.nhs.uk

Russian: Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Социальные Службы Общественного Фонда Здравоохранения Графства Кембриджшир, по телефону 01480 308216 или отправлять электронное сообщение по адресу ccscommunications@ccs.nhs.uk

Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託（Cambridgeshire Community Services NHS Trust），電話01480 308216；電郵地址ccscommunications@ccs.nhs.uk

Bengali

Тurkish: Eğer bu bilgininin kendi dilinizde çevirisini (ya da daha büyük harflerle baskıını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire Community Services NHS Trust) 01480 308216 no’lu telefon numarasından arayın veya ccscommunications@ccs.nhs.uk adresine e-mail gönderin.
This advice supplements the information in the ‘Glue Ear: A guide for parents’ leaflet provided by the National Deaf Children’s Society (NDCS). Further information can be obtained from the NDCS at www.ndcs.org.uk

What is ‘Glue Ear’?
Glue ear is one of the most common childhood illnesses. For ears to work properly the middle ear needs to be kept full of air. Sometimes, particularly with colds, the middle ear becomes congested. This congestion makes it difficult for sound to get through. It then makes sound quiet and muffled. This is when you may notice your child not hearing well.

Your child’s hearing may change from day to day. They may hear some sounds better than others. This can happen even if they don’t appear ill or have an ear infection.

Usually this congestion is temporary and clears in 6 – 8 weeks, but not always. This is why we intend on checking your child’s hearing again in a few months.

What you can do to help
While waiting for a temporary hearing problem to clear, there are some useful things you can do to support your child. These tips can also be helpful once your child’s hearing has returned to normal.

• Inform others caring for your child that their hearing may be down. This includes nursery, school and childminders.

• Get your child’s attention, by touching them or saying their name, before speaking to them. It is easier for your child if they can see your face when you are speaking.

• Give clear simple instructions that are easy to follow.

• Try not to shout. Move nearer to them and repeat your message if they did not hear the first time. Shouting distorts your face and your child may think you are angry.

• Reduce the amount of noise in the background. This is usually the TV or radio. Background noise makes it harder to hear and listen.

• Teach and encourage your child to blow their nose. This will help to unblock the congestion.

• When looking at books together sit so your child can see your face and the book.

• Try to spend some quiet time with your child. Use this time to talk and play with them. Make sure you speak close enough so that they can hear you. Not hearing well may be confusing for your child. This time together will help reassure them.

Be aware that your child may become frustrated, aggressive, clingy, shy or tired from struggling to listen. It is possible that they have not heard you instead of being disobedient or naughty.

Why we wait a few months before seeing your child again
Remember that temporary hearing problems are normal in young children, particularly in winter. Having their hearing tested will not speed up the process of their hearing improving or change the support advice provided. Waiting a few months lets us see if the glue ear is likely to clear on its own. This helps us to advise you best on what to do next.

What happens if they still have glue ear at their next appointment?
If your child still has a hearing problem at their next appointment we will discuss options with you. This is likely to include referring them to an ENT colleague at Addenbrooke’s Hospital.

It is important to remember to see your GP if you suspect your child may have an ear infection. The information in this handout should not stop you from seeing your GP for further treatment or advice.

For further information about this service contact:
Clinical Support Office
Community Paediatric Audiology Service
Community Child Health, Ida Darwin, Cambridge, CB21 5EE
Tel: 01223 884174 or 884178

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