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: ccs4 irritated patients@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, cassete 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
আপনি যদি একাধারে তালিকা বা অন্য ভাষায় প্রদান করা সময়ের কোনো ভুল বা অশিক্ষিত হয়ে তবে আপনি ডাঃ বা অন্য ভক্তি এর মাধ্যমে নিজের মাধ্যমে একাধারে তালিকা বা অন্য ভাষায় প্রদান করা চান তাহলে ccscommunications@ccs.nhs.uk এর মাধ্যমে সে ভাষায় বা সাক্ষাৎ করা যেতে পারে।

Turkish: Eğer bu bilginin kendin dilinize çevirip (ya da daha büyük harflerle basıtırırsa veya kaşetle kayıtlı halini) istersemiz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmetleri Birimini (Cambridgeshire Community Services NHS Trust) 01480 308216 no.lu telefon numarasından arayın veya ccscommunications@ccs.nhs.uk adresine e-posta gönderin.
Young children, particularly between the ages of 2–6 years, are often described as disliking loud and sudden sounds. They may cover their ears, complain, cry or want to run away.

This is often an understandable and natural reaction. The world can be a noisy and confusing place to a young child. They do not have the experiences an older child or adult might have. They may think that the loud noise is a threat or danger. It is a good survival instinct.

Some of the sounds most frequently noted to upset young children:
- Hoover
- Balloons popping
- Discos, loud music and parties
- Clapping
- Lorries
- Shouting
- Fireworks

**What causes it?**
Usually, your child's reaction is a result of their anxiety about a particular noise. It may have frightened them the first time they heard it. Now, they associate the noise with fear.

Rarely, some children have a condition that causes them to have pain or discomfort with everyday loud sounds. This is different to what is described in this handout. If you feel your child is experiencing physical pain rather than just being frightened, speak to a professional. There may be help available.

The suggestions below are to help young children who have developed a fear of a particular sound or situation.

**What you can do to help**
It is important to know exactly what sounds trigger a negative reaction. The most practical and helpful thing you can do is to warn your child when the noise is likely to occur.

If your child becomes distressed at a certain sound, move them away from the sound (if possible). Then comfort and reassure them. Do not punish them. Once your child is settled, try to explain what made the sound and why. Understanding will help to reduce the anxiety.

Often their anxiety can be reduced if they are gently allowed some control over the sound. Make it a game.

If clapping worries your child, try encouraging them to clap their own hands. This can be a fun game when you clap to a rhythm. You can try tapping the frightening sound. Then make a game with the recording. Start at a low volume and gradually, over time, increase the volume. Help them become less frightened, by making it part of the fun.

It is important to be gentle and encouraging. You do not want to make your child more frightened of the sound. With time and understanding most children will lose their fear of a sound.

Some situations like loud parties and discos may just be overwhelming to a child. The noise and crowds can be scary, particularly if they are only a few years old. It may be best to avoid these situations until your child is a bit older.

**What NOT to do**
- DON'T make a big fuss over their reaction.
- DON'T punish them. The calmer you are, the calmer they will be. You do not want to make this one behaviour a negative focus.
- DON'T force your child to be exposed to these sounds. You want to reduce their anxiety. Be gentle and try to explain what is happening in a way they will understand. Give them control of the sound. Make it a game.
- DON'T think they are just being awkward. They are likely to be truly frightened. Remember that loud and sudden noises are scary. A child needs to be taught how and why a noise is being made.

**Need more advice?**
If you need further advice, speak to your Child and Family Nurse team. They may be able to give you more suggestions. Also, feel free to contact the Audiology service if you have any further questions.

**For further information about this service contact:**
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Community Paediatric Audiology Service
Community Child Health, Ida Darwin, Cambridge, CB2 1 EE
Tel: 01223 884174 or 884178

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