

Adverse Health Effects to the children

Noise can pose a serious threat to a child's physical and psychological health, including learning and behaviour. For example, noise can: INTERFERE WITH SPEECH AND LANGUAGE.

Repeated exposure to noise during critical periods of development may affect a child's acquisition of speech, language, and language-related skills, such as reading and listening.



IMPAIR LEARNING. The inability to concentrate in a noisy environment can affect a child's capacity to learn.

IMPAIR HEARING. Tinnitus, often described as a ringing or buzzing sound in the ear, is a symptom associated with many forms of hearing loss. NIHL is a permanent hearing impairment resulting from prolonged exposure to high levels of noise or by sudden high level (impulse) noise.

Minimizing the Risks

Take the following steps to protect your child from the physical and psychological effects of noise:

- ✚ Instruct the child to walk away from sources of loud noises.
- ✚ Limit the amount of time spent on noisy activities.
- ✚ Teach the child to keep the volume of the TV, Radio and other music players low.
- ✚ Have the children's hearing tested, especially if they routinely participates in noisy activities, such as playing an instrument or attending concerts or sporting events.
- ✚ Ensure that they wear child-sized hearing protection, such as earplugs or earmuffs, during noisy activities.
- ✚ Create a quiet learning and sleeping environment.



Protect the children's hearing they cannot do it

