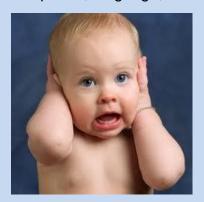
## Adverse Health Effects to the children

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



