



Ear Protectors

Sensory Organizing Tool

What Are They?

Ear protectors are any ear covering that protects your child's ears from sound. They help to lessen auditory stimuli that may be overwhelming or distracting for your child.

How Will Ear Protectors Benefit Your Child?

Children with FASD may have difficulty filtering out environmental noise. It's easy for us to ignore non-essential sounds but some of our kids with FASD may not be able to determine what is important and what is not. They may lose focus and become overloaded with sensory stimulation in a loud setting. They may experience anxiety when they hear unexpected noises such as a fire truck passing by. Reducing auditory stimuli with ear protectors can be useful in these situations.

Why Use Ear Protectors?

Ear protectors can be calming for children. If they can deal with most environmental information, their ability to focus, react appropriately and organize themselves may be improved as well. Ear protectors can also reduce auditory self-stimulation including actions such as humming or self-talk.

TIPS FOR USE

- Use earmuffs or headphones that completely cover the child's ears.
- Use ear protectors in noisy environments to lower the noise levels.
- Use ear protectors during quiet times to increase your child's concentration and to shut out ambient sounds.
- Try different ear protectors before deciding on which one to choose. Your child's reactions will show you the ones they prefer.

**For More Questions,
Ask Your Occupational Therapist!**

Where Can My Child Use His/Her Ear Protectors?

- At school**
- Recess
 - Lunchtime
 - Quiet time
- Outings:**
- At restaurants
 - The mall
- At home:**
- When your child needs to do homework
 - At meal times

Where Can I Purchase Ear Protectors? (2012)

Ear protectors are available at local automotive and hardware stores – specialized child sized protectors are also available online.



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