MIDDLE EAR TROUBLES

 Signs of Otitis Media (Middle Ear Infections):

- Middle ear problems occur during or after a cold
- The child may pull at their ears or rub them
- The child may be more irritable and/or less attentive than normal
- The child may not respond to sounds as well as previously.
- The child might have difficulty locating the person when they call.
- The child complains that ears feel “full”

 Strategies for Parents

- Encourage children to blow their nose - “blow - don’t wipe” or “use a tissue don’t sniff”. This can prevent middle ear difficulties.
- The most important strategy is to be aware of the symptoms so that you can go to your local doctor for treatment without delay.
- Speak loudly and clearly when you suspect the child has a middle ear infection.
- Make sure you have the child’s eye contact before giving him/her instructions.

 Further Information:

For more information about causes and treatment of otitis media (middle ear infections) click the link below:

http://kidshealth.org/parent/infections/ear/otitis_media.html