

SAFE LISTENING FOR KIDS IN QUARANTINE

During this Level 4 Lockdown, many kids are spending more, not less, time on their personal devices.

But what is this doing to their hearing?

Many kids don't know they're permanently damaging their hearing when they listen to music or movies loudly for long periods of time.

Together, we can educate kids about safe listening and raise awareness for the very real risks noise-induced hearing loss.

OUR EARS HAVE A WEEKLY LISTENING ALLOWANCE

Did you know our ears have a weekly listening allowance?

If we want to keep our hearing for life, it's so important to keep within the weekly sound allowance.

Use this table to find out how well you're staying within your allowance.

Want more information?

See the full Make Listening Safe Brochure at the end of this pack.

SAFE LISTENING WEEKLY ALLOWANCE

Decibels	KIDS	Weekly Limit*
110 dB - Max Volume on Smartphone	115 dB	Protection required
	107 dB	1.5 mins
	98 dB	12 mins
	95 dB	24 mins
	92 dB	48 mins
76 dB - Living Room Music	89 dB	1 hr 30 mins
	86 dB	3 hrs 15 mins
	80 dB	12 hrs 30 mins
	77 dB	24 hrs
	75 dB	40 hrs
65 dB - Typical Speech	65 dB	40+ hrs



*Source: World Health Organisation

HOW DOES THE SOUND ALLOWANCE WORK?

Think of your weekly sound allowance like a 20-litre bucket of water.

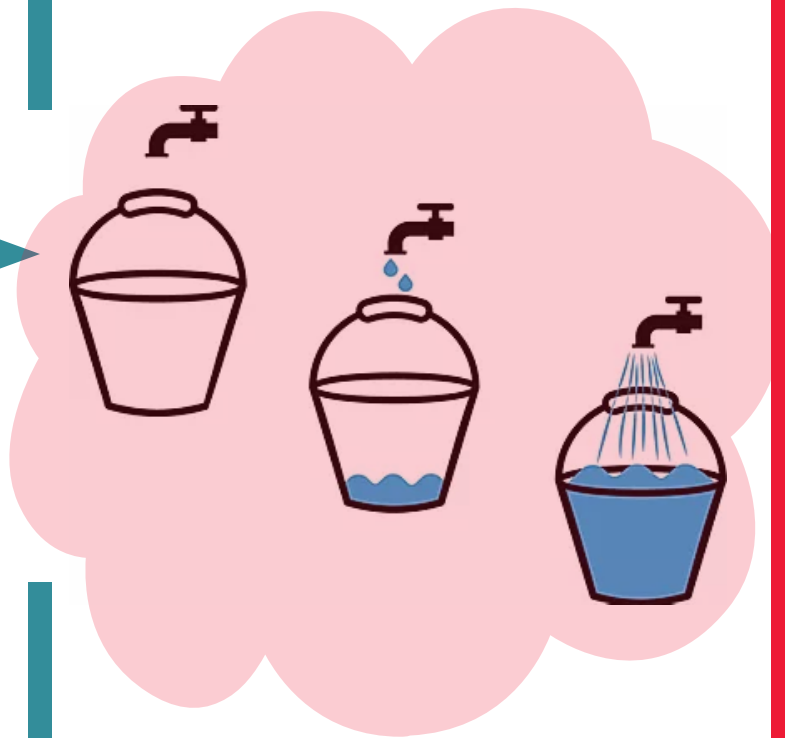
You can fill it up slowly over the week with just a couple of litres each day.

Or you can fill it up with 20 litres all in one go.

Filling the bucket up all in one go is like listening to music on max volume. This means you'll use up all your weekly sound allowance very quickly.

Want more information?

See the full Make Listening Safe Brochure at the end of this pack.



WHAT HAPPENS WHEN WE LISTEN TO TOO MUCH NOISE?

It can help to think of the hair cells in your ears being like a fresh patch of grass and loud music being like a group of people trampling on the grass.

Before anyone walks on the grass, the blades **stand up right** and tall. But, as people continue to walk on the grass the blades become flattened.

If people stop walking on the grass, after a few days, **some blades of grass might pop back up and stand straight again.**

But, if people continue to trample over the same patch of grass, the grass begins to die, and the **damage becomes permanent.**



It's the same with loud music. If you listen for too long and too loud your ear's hair cells become damaged. If you constantly continue to listen to loud music, the damage to your hearing will become permanent.

TAKE A HEARING TEST ONLINE

The more we know about our hearing health the better we can look after our hearing in the future.

That's why it's a good idea to regularly test your hearing and monitor any changes.

Take a hearing test:
www.testmyhearing.co.nz

TAKE THE TEST AND WIN

Let us know how you went and you'll go in the draw to win a pair of Puro Sound headphones.

Email our competition co-ordinator:
Kimmy.West@nfd.org.nz



SCREEN FREE ACTIVITIES FOR KIDS

We've put together a list of neat ideas to keep kids active and away from screens during the COVID-19 Lockdown.

- Ride a bike, skateboard, or scooter.
- Build a blanket fort (+ camp there overnight)!
- Make a list of things to find in your neighbourhood and go on a walk to find them.



- Write a poem about this crazy situation.
- Make slime!
- Plan a dinner from a cookbook (not the internet).



- Write a letter to your future self in 10 years about being in quarantine.

- Write a short story.
- Create a 'Covid-19 Diary' and decorate it, like a time capsule of this very odd time in history!



- Redecorate your bedroom! Have you always wanted to move your bed to the other side of the room? Try it out. I'll help you feel more fresh.

- Look for a unique recipe of dessert and make it for your household.
- Find a song that matches how you're feeling today.
- Spa day! Pamper yourself and use up some cool bath products you've been meaning to try. If you don't have anything special just really luxuriate in the bath and make sure you use lots of lotion.

- Get dressed up as if you were going out to see friends and go for a walk around the neighbourhood, and videochat them instead. Getting

properly dressed can have a positive affect on your mood!

- Is it cold? Try making a fancy hot drink like from a café! Make some sort of creative concoction.
- Have any spare fabric, or T-shirts you don't enjoy wearing anymore? Try making pompoms.



- Have a go at life drawing. Try drawing one of your family members!



- #SelfCare session! Think about what really makes you feel good. A short run? Reading a book? Using a bath bomb from your stash? Work on lifting your mood in the best way for you!

Have some activity ideas you'd like to share with the community?

Send them our way and we'll include them here.

Email: Kimmy.West@nfd.org.nz

STAY ON TOP OF SCREEN TIME

To make it easier for your family to stay on top of screen time, here are five free apps you could use to help limit screen time.

During screen time, as a rule, make sure kids are keeping the volume below the halfway mark on their devices.



Find out more:

www.famisafe.wondershare.com/screen-time/free-apps-to-limit-screen-time-on-android-and-iphone.html

LEARN NEW COMMUNICATION SKILLS

During this Level 4 Lockdown period, why not make use of this time to learn new hearing loss aware communication skills as a family.

Over the coming weeks, NFDHH are providing a range of online classes throughout community page, including:

- New Zealand Sign Language taster classes
- Lessons on Fingerspelling
- Learning about Lip Reading

Access these classes through the NFDHH Community page:

www.facebook.com/groups/NFDHH

DOES YOUR CHILD HAVE A HEARING LOSS?

We've created a Communication Tips Poster for kids, which you can print out and hang in your house as a reminder for everyone at home of how to be more hearing loss aware with their communication.



NEED TO TALK?

This is a stressful and uncertain time for all of us, but it can be especially hard for kids.

It can be a tough time being away from our normal lives - talking to someone about these feelings can really help.

Youthline is a service specifically created to support kids through difficult times.

They offer their services via phone or via text.

For more information, go to their website:
www.youthline.co.nz