

# Preparing your child for their hearing test

It is quite common for children to dislike wearing headphones or having their ears looked at. This is something that children tend to grow out of but it can make it difficult to complete the full hearing test.

## Here are a few tips to prepare your child

- Practice using headphones or earphones on your child at home. This will help your child get used to having something on and in the ears. If your child takes the headphones off, try again after a minute or so when they have settled.
- It may be helpful to play or watch their favourite piece of music or video while wearing the headphones. This can help teach your child that headphones are not scary and can be fun!
- Try touching and stroking your child's ears when carrying out normal daily activities.
- It can be useful to look up videos on the internet of children having their ears and hearing checked.
- It may also be useful to use a toy doctor kit to pretend to look in their ears or their favourite doll's ears. You can also show them having your ears looked at.
- We also have videos of our department on our website, please see the link below:  
<http://www.evelinalondon.nhs.uk/audiology-stories>

Depending on the developmental age of your child, it can be helpful to practice waiting skills at home such as 'ready, steady, go!' games to help prepare your child for their appointment as we may use this in their appointment.

## Contact us

### Children & Young People's Audiology Centre

South Wing, Staircase C, 2nd Floor

St Thomas' Hospital

London SE1 7EH

**t:** 020 3049 8560

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am to 5pm    **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)    **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)    **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815    **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319    **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)    **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)



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