



LISTEN HEAR! ALL ABOUT THE EAR



Today your child learned about the different parts of the ear, the basics of how they work, and how to keep them healthy and clean. Ask your child to describe for you the different parts of the ear, including the:

Outer ear: This is the part you can see. The outer ear is where sounds are collected and moved along the ear canal toward the middle ear. The middle ear is separated from the outer ear by the eardrum.

Middle ear: Vibrations from the eardrum travel through the little bones of the middle ear (ossicles) and are sent to the inner ear. The space in the middle ear is filled with air.

Inner ear: This is where the vibrations from the middle ear create nerve signals. The nerve signals send the messages to your brain that become sounds you hear.

Ear Care

The outer ear is the only part you should clean. You can wash behind your ears and around the outside. Sometimes shampoo or soap can get stuck behind them so rinse well! Whatever you do, don't stick anything larger than your elbow into your ear. Earwax is normal and usually healthy. It should only be cleaned out if your doctor says it's OK.

Pierced ears need to be kept clean with a sterile solution or they can become infected.

AT HOME ACTIVITY

Go for a quiet walk together outside. Pay attention to the sounds you hear. If you can find a place to sit for a while, do so and again pay attention to the sounds you hear. What are they? Are they natural? Human made? A combination? Cover one ear and then the other. Does it change what you hear? Are there sounds you hear when you stop and pay attention that you otherwise don't notice? Why do you think that is?

HOW HUNGRY AM I?



It's important to "listen" to our bodies when we feel hungry. Maybe our stomach growls, we get a headache, we become cranky or irritable, or feel tired or weak. It takes about 10 minutes once we have started eating for our bodies to notice the change. Therefore, it's important to eat slowly to give our bodies a chance to adjust and send signals that we've had enough to eat.