

How to Guide...Ear Defenders



What are they?

Ear Defenders are a low cost, easy to implement support tool that can be given to children who find the environment in the classroom too overwhelming. The main benefit of using ear defenders is that they reduce or eliminate external sounds. This allows children to create a quieter environment for themselves (as required) if they are sensitive to noise or easily overstimulated by auditory stimuli.



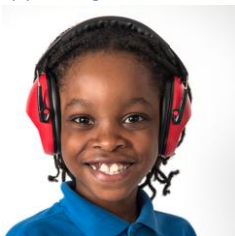
Why would they be used?

If a child has sensory processing difficulties, then sounds, noise and auditory stimuli in the environment may be too overwhelming or distracting meaning they cannot concentrate or self-regulate appropriately. The use of ear defenders in this situation would help them to regulate, aid concentration and allow them to comfortably access the provision. They provide a practical solution to ensure inclusion within an environment that is highly stimulating.

Who would use them?

Any child that has a sensitivity to noise or sounds may use them. Many children with a sensory processing disorder or Autism Spectrum Disorders use them due to many having heightened sensitivities to noise.

A child who has experienced a specific trauma may also require noise cancelling ear defenders in very loud or busy areas. However, they may also be used by a child who just requires a really quiet head space to focus and concentrate on their work, supporting their attention and focus skills.



How are they used?

As the child requires, the ear defenders are simply placed over the head and positioned on top of the ears, just like a normal set of headphones.

In summary...

Ear defenders are a very low cost, easy access tool that can provide sensory regulation and support to children who require it any place, anytime, anywhere!

For more information, visit: <https://www.tts-group.co.uk/tts-ear-defenders/1015588.html>

Many thanks to Ruth Lue-Quee @mymummyteacher for writing this for us.

