

Information for Patients

Hyperacusis

This booklet is for children and their parents who
have a high sensitivity to loud sounds



Why does my child dislike loud sounds?

It is very common for children to dislike loud sounds, mainly if they have not heard the sound before.

Many children will become upset, anxious, or cover their ears if there is an unexpected noise. They may not like sounds such as vacuum cleaners, hand dryers, sirens, noisy parties, cutlery, chewing and even some noises at school.

Young children may not be able to tell you about their fear in words. They might cry, scream, hit, bite, or refuse to go to certain places. This can be called hyperacusis.

What causes hyperacusis?

We do not know what causes hyperacusis, in most children they simply do not like the sound. Sometimes it can be started by a loud or unpleasant noise that takes them by surprise, like a firework or a balloon popping. This can lead to a fear or phobia of loud noise.

What can I do to help my child?

Trying these tips should help your child learn that sound is not something to be afraid of and that sound can be fun:

- When your child becomes upset by a noise, move him/her away from the sound slightly and comfort them.
- Try to explain what the sound is.
- Do not force your child to stay somewhere that upsets them. This can make them worse. You can slowly get them used to noises, with time and care.
- Your child may be less scared if they can control the sound themselves. Let them switch the vacuum cleaner on and off, turn music on and off, and play with noisy toys.
- Record sounds that your child does not like Play them back quietly at first and then getting louder. Try letting your child control the volume, while telling them what the sound is. Try using, pictures or videos and making it into a game.

- Don't keep the home too quiet. Maybe have music on and let them play with noisy toys.
- Getting plenty of sleep really helps
- Talk to relatives and staff at nursery or school. It helps if everyone who sees your child understands how to help them.
- Try not to use earplugs or ear defenders as it can make the problem worse (except maybe for fireworks).

What will happen in the future?

Hyperacusis maybe less of a problem after the age of 5 to 6 years old. Most children find that the problem gets less with time. It can sometimes get worse again at times of stress or upset, like exams.

If the problem is not getting better with time, speak to your GP, Audiologist or Ear Nose and Throat Specialist for further advice.

Contact us on:

Phone: 01743 261482

SMS: 07913798467

Email: sath.audiology@nhs.net

Web: www.sath.nhs.uk/services/audiology

Further information is available from:



Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. www.sath.nhs.uk/patients-visitors/patient-experience/feedback-hub/

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: [0800 783 0057](tel:08007830057) or [01743 261691](tel:01743261691)

Princess Royal Hospital, Tel: [01952 282888](tel:01952282888)

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

111 (free from a landline or mobile) www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;

sath.patientexperience@nhs.net or [01743 261000](tel:01743261000) ext. 2503.

Your information

Information about you and your healthcare is held by the NHS. You can find out more about how we hold your information and how it is used on our website: www.sath.nhs.uk

Website: www.sath.nhs.uk

Information Produced by: Audiology Department **Version:** v1

Date of Publication: October 2023

Due for Review on: October 2026

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ID: HN/076a

