

Consistency in Hearing Device Use



Q: How long do children tend to wear their hearing devices throughout the day?

A: One study of 32 infants and toddlers (ages 4-33 months) found parents report their children wearing their hearing aids an average of 6.8 hours a day. In reality, the hearing aid data logs showed an **average of 4.4 hours of daily use**.¹ Similar patterns were seen with cochlear implants, with an average **5 hours of daily use**.¹



Q: How long should children aim to wear their hearing devices per day?

A: Children aged 2-6 who wear their hearing aids for **10 or more hours a day** showed evidence of catching up to their hearing peers in language development.² Similar studies for children with cochlear implants show that the more children wear their implants, the better their language outcomes become.³ However, device use only accounted for 40% of the variability in receptive language development, so length of device use isn't the only factor to consider.³



Experts agree that kids should have them on for all waking hours for best results!

Q: What are some ways I can help my child wear their hearing devices longer?

A: Accessories, routines, de-sensitization, rewards, and consistency!^{4,5}

Accessories

Accessories can **help devices feel more comfortable/secure/fun** and therefore easier to wear for long periods of time. Some can be purchased online, but others can be made simply using household objects!



Pilot Caps



Headbands



Dental Floss and safety pin

De-sensitization

Some children **dislike touch** or feeling on their head and ears, so playing games to normalize having the device in place can help!



Sing **Itsy-Bitsy Spider** and take turns walking your/their fingers up towards the head



Play **hair salon**, and get your child used to the feeling of brushes near their ears



Pretend to be **turtles** and take turns curling your heads into your bodies and popping out



Play **dress-up with hats!** Have everyone, even pets and toys wear hats to join in on the fun!

Routines

Creating a **daily routine** to include putting on/off hearing devices in a fun way can go a long way in keeping devices on!



Wake up your ears with a song!



Set your devices up in a cool, dry place to watch swim/bath time!



Put your devices to sleep in a mini bed or with a trusted stuffed animal!

Rewards

Try keeping track of how often your child reaches their daily goal of wearing their hearing devices and **rewarding consistent use!**



My Reward Chart

My name is

Monday									
Tuesday									
Wednesday									
Thursday									
Friday									

If I'm a superstar my treat will be
.....

Consistency

Start slow, maybe even a few minutes at a time, and build up to wearing them all day. **Consistency is key!**

References

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2. Wiseman, K. B., & Warner-Czyz, A. D. (2018). Inconsistent device use in pediatric cochlear implant users: Prevalence and risk factors. *Cochlear Implants International*, 19(3), 131–141. <https://doi.org/10.1080/14670100.2017.1418161>
3. Boys Town National Research Hospital. (n.d.). Helping baby adjust to hearing devices. *BabyHearing.org*. Retrieved June 28, 2022, from <https://www.babyhearing.org/devices/help-baby-adjust-hearing-aids>
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