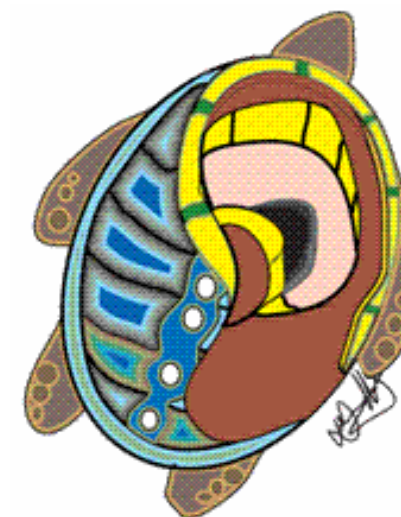


Breathe, Blow and Cough

Keeping kids ears healthy



Contact details

If you have any questions regarding the Breathe, Blow and Cough program, please do not hesitate to contact a member of the Hearing Health Team.

Ayr Health Service: 4783 0855

Charters Towers Health Service: 4787 0361

Hughenden Multi Purpose Health Service:
4741 2800

Ingham Community Health Service: 4720 3050

Joyce Palmer Health Service: 4752 5100

Townsville Community Health Service: 4433 9000



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Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2. Consumers and/or carers provided feedback on this patient information.



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Hearing loss can be prevented by:

- Having a child's ears checked regularly
- Keeping a child clean by regularly washing hands and faces
- Eat healthy food
- Make sure all children get their vaccinations
- Getting children to do their Breathe, Blow and Cough exercises
- Not smoking - cigarette smoke is bad for children too
- Not sticking anything in a child's ear, including ear buds, unless recommended.



The BBC program can be part of your child's daily routine e.g. when getting up in the morning, after sports or before bed.

Blow your nose

Sit down with a box of tissues. Get your child to take a deep breath through their mouth before blowing their nose. Close mouth and then blow through each nostril in turn. Continue until clear and make sure tissues are thrown in the bin to prevent spreading germs.



Check that the nose is clear and empty

Ask your child to close one nostril with their finger and blow. If it is empty only air will come out. If not, blow nose and check again. **Make sure children wash their hands after emptying their nostrils.**

Pop your ears

Ask your child to hold their nose tightly closed by pinching with their fingers. Take a deep breath through their mouth, close their mouth

and gently blow their nose. If the Eustachian tube (airway passage which connects the middle ear to the back of the nose/throat) is blocked, there will be a build up of pressure until it releases with a 'pop'.

Activity: Children can blow up a balloon to help clear the Eustachian tube.



Empty the chest

Ask your child to take five deep breaths, counting on their fingers. Breathe air in through their nose or through the mouth. Put their hand over the mouth and do two strong coughs to get the rubbish out.



Exercise

Choose exercises which are energetic. After each exercise, ask your child to empty their chest, and then take five deep breaths, in through the nose, then cover their mouth and give two strong coughs to get the rubbish out.



Summary

Ask child to sit with a box of tissues,

- Take a deep breath and blow their nose
- Check it's empty
- Gently pop ears
- Take five deep breaths
- Two coughs.

To prevent spreading germs, remember to tell children to make sure the tissues are thrown in the bin and **wash their hands when finished.**