Orthophonie VoxLingue
Speech and Language

Printable sheet

# During ear infections: how to help my child hear and talk, at home and at daycare

When fluid stays behind the eardrum, your child often hears less well, especially soft sounds and speech in noise. These simple habits help during episodes. Keep this sheet on the fridge, and give the cut-out note to the daycare educator.

## At home: seven habits

- **Get their attention first**: their name, a hand on the shoulder, then speak.
- **Less noise**: TV, music and tablet off when you talk with them.
- **Gestures and pictures**: show the object, point, act it out.
- **Read together every day**: the same books, often.
- **Face to face, at their level**: about an arm's length away, so they can see your face.
- **Clearly, a little slower**: a bit louder, without shouting.
- **Say it back instead of correcting**: if they say a word wrong, say it back correctly in a sentence.

## Have hearing checked if your child...

- turns up the TV;
- doesn't answer when called from another room;
- often says “what?” or seems “in their own world”;
- still has fluid after three months.

In Québec: private audiologist, no referral; public testing is free, sometimes with a referral. In Ontario: no referral needed.

## See a speech-language pathologist without waiting for the ears if...

- around 18 months, they say no words;
- around 2, they don't combine two words;
- they lose words or gestures;
- they already have a delay, or you're worried.

## For the daycare educator

My child has fluid in their ears right now and hears less well in noise. Please call them by name before speaking, seat them near you during instructions, and get down to their level.

Child's name: _____ Parent: _____

Professional tips, not methods tested in trials. Sources: American Academy of Otolaryngology (2016); NHS Leeds (2025); National Deaf Children's Society (2025); OOAQ; CASLPO (2026). General information: this sheet does not replace an assessment.