

NOISY TOYS: MORE THAN A NUISANCE

BEFORE YOU GIFT, USE THESE TIPS

Talking (and singing!) dolls, kid instruments, pretend cash registers, phones, and computers . . . the list of toys that make noise is almost endless. Many of these toys can reach noise (decibel) levels that can potentially damage a child's hearing. This is especially problematic as infants and toddlers often keep toys at or near their ears and face.

Hearing loss due to noise exposure is completely preventable. However, once it occurs, it's irreversible. Take these simple steps when gifting toys this holiday season:

- 🔊) **MAKE A LIST, CROSS-CHECK IT (TWICE).** Know what you want to buy? Cross-check your list with the annual Noisy Toys list from the Sight & Hearing Association. You may be surprised by some of the top offenders—often from major manufacturers.
- 🔊) **GIVE IT A LISTEN YOURSELF.** Be a savvy shopper. Listen to a toy before you purchase it—and put it back on the shelf if it sounds too loud. This may be harder if you're making your purchases online, but consider returning toys if the noise level sounds excessive.
- 🔊) **EMPLOY A QUICK FIX.** If your child has their heart set on a noisy toy, go low-tech with this quick fix—place a piece of masking tape over the toy's speaker. They'll still be able to hear but at a much safer volume.

By following this advice, parents can help their child protect their hearing—and enjoy a more peaceful home environment themselves.

Learn more at www.asha.org/public.



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