

## How to prepare for a hearing test

Whether you have an appointment or you're considering whether to make the call, follow these guidelines to ensure that you are prepared for your hearing appointment.

1. Bring someone with you: It is a good idea to bring someone with you – a family member or close friend. For one, they can give you emotional and moral support. Secondly, the person will help you remember information that the hearing care expert will share. Finally, the person you bring can give you another perspective on your hearing loss as a one who interacts with it on a regular basis.

2. Know what to expect: First, you will take a hearing screening. This is a pure tone hearing test where you put headphones on and listen to precise, clear sounds. You'll hear a series of tones at different volumes. This determines how well you hear different frequencies of sounds. Next, you'll do a speech test where the hearing care expert will say several words and ask you to repeat them. This test determines how well you understand speech.

3. Prepare for success: Feeling prepared reduces anxiety and helps you get the most out of your hearing test. Try to answer these questions about your hearing:

- What hearing loss symptoms do you have? How long have you been experiencing them? Is your hearing loss in one ear or both? You could also ask people if they've noticed any changes in your hearing
- Have you had any chronic infections, injuries or surgeries related to your ears?
- Have you ever had a job that exposed you to loud noise?

Do you have any questions? Write them down so you are ready to ask your hearing care expert. And here's a top tip: arrive at the clinic 15 minutes before your appointment.

4. Now is less stressful than later: Delaying your hearing test may increase the anxiety you feel about your need to take action. And if you do have a hearing loss, delaying treatment can actually make it harder to treat. This is because your ability to understand speech degenerates quicker if hearing loss is not treated.

– Article provided by [campaignforbetterhearing.ca](http://campaignforbetterhearing.ca)

## Brush up on kids' tooth care

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ownership and making decisions for themselves is what strong-willed children want when they are starting to take on more self-care responsibilities. Splurge on an electric toothbrush if you can. There are disposable ones for about five dollars with character-themed heads or if you want to go the fancier route, you can buy an actual spin brush from your dentist or at the store for about forty dollars (and up) where you replace the toothbrush head about every three months.

You will be able to gage where your child is at in his dental hygiene habits. Do what works for you and your family and try not to get wrapped up in what your friends' kids are doing. It can be easy to compare parenting styles especially when it comes to when your child should start going to the dentist. Take the pressure off of yourself and follow these guidelines for a place to start with what works for you and your child. Call around to different dental offices to see what the best fit is for your child; word-of-mouth is often the best way to find the right dentist.

### Special Needs

If you have a child with special needs, look for dentists who specialize in this. Most kids get anxious about going to the dentist anyways so if you can find one who is sensitive to your child's needs, you'll be setting them up for a successful visit. Calling ahead of time and talking to the front office about what your child's specific challenges are and asking if the dentist is familiar with working with children like yours, can take the worry out of the appointment for you as the parent. Even if your visit does not go as smoothly as you had hoped, you can always try another dentist.

Teaching your children about keeping their teeth clean is a great way to introduce what it means to take care of their bodies. Don't be afraid to tackle the tooth-brushing battle with your kids. They may surprise you at how well they can keep those teeth sparkling white.

Meagan Ruffing is a parenting journalist who likes tackling the harder parenting moments. For more tips visit [www.meaganruffing.com](http://www.meaganruffing.com).

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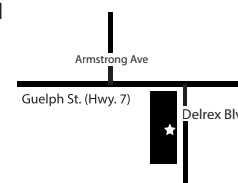
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