



HOW TO PREPARE FOR YOUR CHILD'S HEARING APPOINTMENT

This leaflet provides important advice on how to prepare your child for their appointment with Dr Priya Carling at Kent Hearing. Please read it carefully, as it will not only give you a good idea of what to expect on the day of your visit, but it will enable both you and your child to prepare effectively, so that your child gets the most from the appointment and doesn't find it scary or distressing in any way.

Practise makes perfect!

For many children, having a doctor or medical professional looking in their ear can make them feel nervous, apprehensive or scared. Some children also don't like having their ears touched.

The most important thing that you can do prior to your child's appointment is to practise looking in their ears, so that your child is comfortable in this situation. We recommend you do this in the form of play, so that it is fun and does not feel threatening to your child. Try practising looking in each other's ears for a few minutes at a time and do this over several days prior to your appointment. Use the torch on your phone to help with this, as it will simulate a situation similar to that which your child will experience at his or her appointment. The more relaxed your child is when they visit us, the more productive their appointment is likely to be!



Familiarise your child with headphones

During the appointment Dr Carling is likely to undertake some hearing tests, during which your child will be asked to wear headphones. If you have a set of headphones at home, please familiarise your child with these and get them to wear the headphones while listening to, or watching, something they enjoy prior to your appointment. This will make their hearing test a more pleasant and relaxed experience.

(Continued overleaf)



Choose an appointment time to suit your child's daily routine.

We know from experience that it is important that a child's appointment time is not too close to their sleep, nap or mealtime. If your child is refreshed, well-rested and not hungry when you visit us, he or she will be more likely to feel at ease, be more co-operative and will also be less likely to be distracted during the appointment. So please check that your appointment time suits your child's daily routine and if you feel you need to change it, please contact us immediately (see details below) to do so.

Please be on time – thank you!

We allow one hour for children's appointments. Please ensure that you arrive on time for your child's appointment so that we can make full use of the 60 minutes allocated. If you are unable to make your appointment for any reason, please inform us as soon as possible.

Please note that we operate a 24-hour cancellation policy. Any cancellation made within 24 hours of the appointment time will incur a 50% cancellation fee.

Finally.....

We look forward to seeing you and your son or daughter at Kent Hearing. If you have any questions or concerns in advance of your appointment, please don't hesitate to contact us. We want your child's appointment to be a positive experience, especially if they are likely to need repeat hearing tests in the future, and for you both to get the most from the time allocated. So if either of you are worried about any aspect of the appointment at all, please just contact us to discuss your concerns.



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