

# Hyperacusis and phobia of noise in children

A guide for parents and carers



*Ear Care and Audiology Services*

patient**information**



The Rotherham  
NHS Foundation Trust

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

#### Slovak

Ak vy alebo niekto koho poznáte potrebujú pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک که تۆ دەیناسی پێویستی بەیارمەتی هەبێت بۆ نەو دی لەم بەلگەنامە بە تێبگات یان بێخوێنتێتەو، تکایە پەیوەندیمان پێوە بکە لەسەر ناو ژمارەییە سەرەوددا یان بەو نیمەیلە.

#### Arabic

عربي  
إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

#### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

### **Assessments carried out today suggest that your child may be suffering from hyperacusis**

#### **What is hyperacusis?**

Children with hyperacusis have difficulty tolerating sounds which do not bother others, for example noise from the washing machine, vacuum cleaner, traffic noise or shuffling papers. Hyperacusis may be specific to certain sounds, so that not all noises of the same volume will cause distress.

#### **Signs and symptoms**

Children with hyperacusis often have normal or near normal hearing. They may cry, cover their ears, scream loudly or behave erratically when they hear a sound that they find hard to tolerate.

### Prevalence and possible causes

The cause of hyperacusis is unknown and more research is needed. In most children, no specific cause can be identified and it is simply that he/she does not like the sound. It can sometimes be triggered by exposure to a loud or unpleasant noise that takes them by surprise, for example, a firework or a balloon popping or shouting. This can lead to a fear or phobia of loud noise and can result in a child anticipating and wanting to avoid certain situations such as parties.

Other possible causes include; head injury, noise induced trauma, ear damage from toxins or medication or viral infections. It is known that hyperacusis is more common in children with certain conditions or syndromes, for example: William's syndrome, autism, attention deficit disorder, auditory processing disorder and in children with learning difficulties.

### Advice

Whilst it is important to acknowledge that your child has intolerance to certain sounds, it is important not to focus on this with your child. The use of earplugs is generally not advised. This is because earplugs deprive the auditory system of sound. This means that the ears try to compensate by amplifying the quieter sounds making the ears even more over sensitive.

Explaining the origin of the sound to your child and giving them control over when the sound occurs may help reduce your child's fear and anxiety. This may involve getting your child to turn the vacuum cleaner on and off for example, or encouraging the use of sound while playing. This should help your child learn that sound is not something that they need to be afraid of and that sound can be fun.

Studies have shown that hyperacusis tends to be less of a problem after the age of 5-6 years and unlike many adults affected, most children will find that the problem lessens with time.

## How to contact us

Rotherham Ear Care  
and Audiology Department

### **Rotherham Community Health Centre**

Greasbrough Road  
Rotherham  
S60 1RY  
01709 423145

### **Rotherham Hospital Switchboard**

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### **Action on Hearing Loss**

#### **Telephone/Textphone:**

01709 514268

### **Sensory Services Department**

Telephone 01709 822330

### **Connevans**

Telephone 01737 247571

### **NHS 111 Service**

Telephone 111

### **Health Info**

Telephone 01709 427190

### **Stop Smoking Service**

Telephone 01709 422444

### **UECC (A&E)**

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.NDCS.org.uk](http://www.NDCS.org.uk)  
[www.earcarecentre.com](http://www.earcarecentre.com)  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)  
[www.nhs.uk](http://www.nhs.uk)  
[www.gov.uk](http://www.gov.uk)  
[www.patient.co.uk](http://www.patient.co.uk)  
[www.connevans.co.uk](http://www.connevans.co.uk)  
[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)  
[www.tinnitus.org.uk](http://www.tinnitus.org.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)  
[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)  
[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments  
or concerns about the services  
we have provided please  
let us know, or alternatively  
you can contact the  
Patient Experience Team.

### **Patient Experience Team**

The Oldfield Centre  
The Rotherham NHS  
Foundation Trust  
Rotherham Hospital  
Moorgate Road  
Rotherham  
S60 2UD

Telephone: 01709 424461

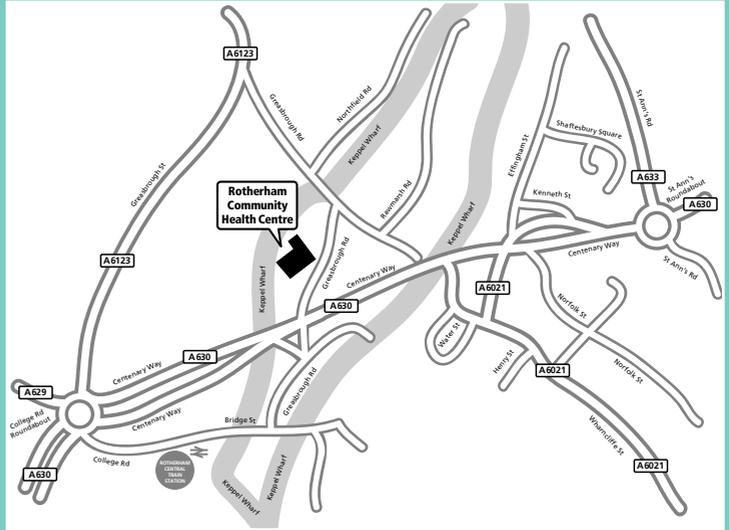
Monday to Friday

9.00am until 5.00pm

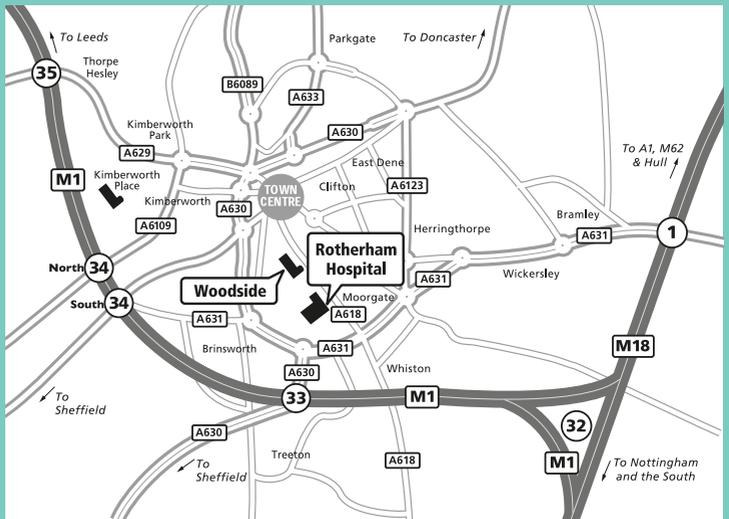
Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

# How to find us

## Rotherham Community Health Centre main routes



## Rotherham main routes





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**The Rotherham**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)