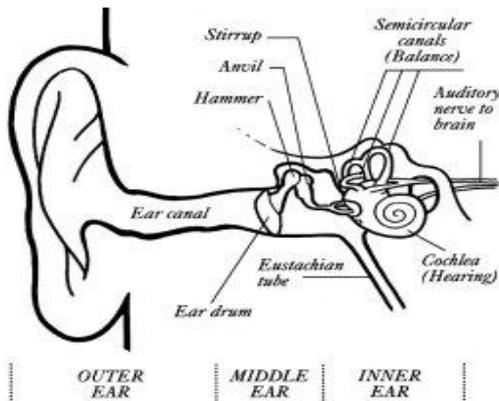




BLOW, BREATHE, COUGH, WASH & CHEW (BBCWC) for Healthy Ears



WHY?

- To clear the nose – this helps unblock our ears so we can hear better
- To clear the lungs – to get lots of air for the energy we need
- To teach kids why and how

IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER

You need: Tissues, Garbage Bag, Kids, Soap and water

BLOW, BREATHE, COUGH, WASH & CHEW

Blow your nose till it's empty!

Take deep breaths

Cough to clear the lungs

Exercise to get the air into our lungs

Wash your hands

Chew yummy crunchy fruit & vegetables



HOW? FOLLOW THESE SIMPLE INSTRUCTIONS:

1. To Clear the Nose (Blow)

Sit down with tissues and bin.

Blow each nostril, one at a time into a tissue until the nose is empty.

Check by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril.

Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).

Pop the ears by pinching the two nostrils together, take a deep breath, close mouth tightly and blow gently against the fingers keeping the nose blocked.

2. To Clear the Chest (Breathe & Cough)

Take five deep breaths counting with the fingers. Give two strong coughs to get the rubbish out.

3. Exercise

Do ten big jumps.

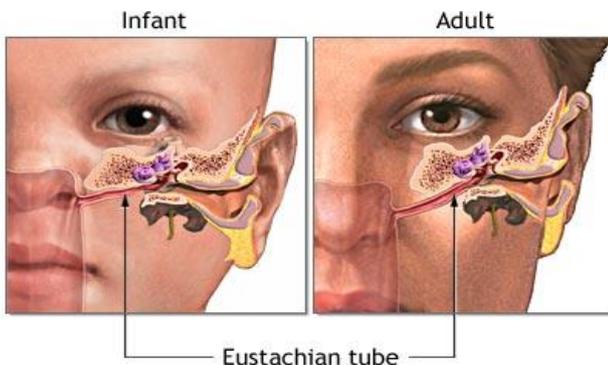
4. Repeat 1, 2, 3 several times

5. Wash your hands after you blow & cough

6. Chew

Chewing hard crunchy fruit and vegies helps open the Eustachian tube and allows air into the middle ear space, therefore keeping the middle ear healthy.

Sometimes when a child has a cold, croup or a runny nose the Eustachian tube gets blocked. This can be the start of ear disease.



The Eustachian tube is the tube that allows air into the middle ear space to keep it healthy. It is the space between the back of the nose & throat and the middle ear.

When children are very young, this tube is very narrow and doesn't drain well so it easily becomes blocked. As they grow up the tube becomes wider and changes angle to drain better.

ADAM.

**IF KIDS BLOW THEIR NOSES, THEIR EARS WORK BETTER.
IF KIDS HEAR BETTER THEY LEARN BETTER**

For further information contact your local
Community Health Centre