

Preventing 'glue ear'

Information for parents and carers



There are some simple things you can do to help reduce the risk of 'glue ear' in your child:

- Passive smoking is the biggest risk. If you avoid smoking this will help reduce the risk
- Babies who are breast fed are less likely to get 'glue ear'
- If your child is bottle fed, feed the child in an upright position.
- Avoid contact with large groups of children.
- Wash hands frequently (both parents/carer and children)
- Avoid contact with people suffering coughs and colds
- Avoid using a dummy beyond ten months of age

Author: Audiology department

The James Cook University Hospital
Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

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