



## **Ellie, Leila and Jack have tinnitus.**

This leaflet is targeted at young people in Key Stage 1

Ellie is worried. She is hearing a strange sound inside her ear.

Sometimes she can't hear what her teach is saying because it is so loud.

"What is the sound like?" asks her friend Jack.

"It goes buzzzzz," says Ellie.

"Like lots of noisy bees. I don't like it."

"I sometimes hear crackle, crackle," says Jack. "Like rice crispies. It is called tinnitus. Lots of people get it."

"I sometimes hear a hummmmm," says Leila. "Maybe you have tinnitus too, Ellie."

"The noisy bees make me feel scared," says Ellie. "Sometimes I can't get to sleep."

"My humming sound doesn't bother me at all," says Leila.

"The rice crispies used to make me feel scared," says Jack. "But I talked about it with my mum and dad and the doctor. I learnt how to do some breathing exercises and my tinnitus has almost gone now."

Mum takes Ellie to the clinic.

The doctor looks inside her ear with a special device called an otoscope and gives Ellie a hearing test.

The doctor tells Ellie that she has tinnitus.

"Why does it go buzz like a bee?" asks Ellie.

"Because your brain is thinking about lots of things all at once and it's become confused. Your brain has started to think about one noise it thinks is important, even though it isn't," says the doctor.

"Let's see if we can find ways to make your brain think about something else."



Ellie and her mum and dad sit with the specialist and Ellie's teacher.

They talk about things Ellie can try to make her tinnitus feel better.

She learns how to do some relaxing exercises.

She listens to some soothing music.

She plays with her toys.

She does fun things in class.

Ellie's brain is so interested in all the new things she is doing that it forgets to think about the tinnitus.

The tinnitus gets quieter and quieter.

Jack and Leila come to play at Ellie's house.

"Listen to what I've got," says Ellie.

She has a music player by her bed that is playing sounds very quietly.

"Mum's downloaded some sounds of the sea's waves."

"It sounds like the seaside," says Jack.

"Yes, it makes me feel like I'm on holiday all the time," says Ellie.

"And my tinnitus is much better now!"