

Is Your Child's Favorite Tune damaging Their Hearing?



Technology has become an undeniable part of our lives, and children are no exception. From educational apps to entertaining games, headphones have become a constant companion for many kids. However, a growing concern is emerging regarding the potential negative impact of excessive headphone use on children's hearing health.

A Recent Report Raises Red Flags:

A February 2024 poll conducted by the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health highlighted this concern. The poll found that 52% of parents reported their children using headphones or earbuds for less than an hour daily, while 24% reported usage between 1-2 hours. However, 16% admitted their children using headphones for at least 2 hours daily, raising concerns about potential overexposure to loud sounds. ***While headphones and earbuds themselves aren't inherently harmful, the volume levels at which they are used become a crucial factor.***

Many devices can reach volumes exceeding 110 decibels (dB), which is considered the safe listening limit for adults for no more than 30 minutes per day. However, children's ears are even more susceptible to damage, and experts recommend keeping headphone volume below 85 dB and limiting listening time to safe durations according to age.

Protecting Your Child's Hearing:

Monitor Volume Levels: *Always supervise your child's headphone use and ensure the volume is set at a safe level.* Look for headphones with built-in volume limiters and consider parental control features on devices to restrict maximum volume settings

Encourage Breaks: *Implement listening breaks every 30-60 minutes to allow your child's ears to rest.* Discourage continuous use throughout the day, especially at high volumes

Lead by Example: *Practice safe listening habits yourself and set a positive example for your children.* Be mindful of your own headphone use and volume levels around them

Seek Guidance from a Professional: *If you have any concerns about your child's hearing or notice signs like difficulty hearing,* consult a hearing healthcare professional for a thorough evaluation and advice

Remember: *By being informed and taking proactive measures,* you can help ensure your child enjoys the benefits of technology while safeguarding their precious sense of hearing.

Employee Assistance Program **EAP**

Employee Assistance Program gives you and your family members access to confidential personal support, across everything from stress management and nutrition to handling legal or financial issues. The services available include consultations with experienced professionals, as well as access to resources and discounts designed to help you in a variety of different ways.

How it can help



Consultative services are available to provide direct support and assistance.



Work/life assistance that can help you save money and balance commitments.



Access legal and financial assistance and resources – **including WillPrep Services.**

This service is only available if you purchase qualifying lines of coverage.

See your plan administrator for more details.

WorkLifeMatters Program services are provided by Uprise Health and its contractors.

Guardian does not provide any part of WorkLifeMatters program services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract.

Only the Administration Agreement can provide the actual terms, services, limitations, and exclusions. Guardian and Uprise Health reserve the right to discontinue the WorkLifeMatters program at any time without notice. Legal services provided through WorkLifeMatters will not be provided in connection with or preparation for any action against Guardian, Uprise Health, or your employer. *WorkLifeMatters Program is not an insurance benefit and may not be available in all states.*