



Noise

Did you know?

Noisy environments can impact a child's learning. Very loud noises can lead to permanent hearing loss.

Action Plan

- Avoid loud volumes on portable electronic devices, especially when using headphones.
- Choose toys that have a volume control. Tape over the speakers of very loud toys.
- Don't use firecrackers.
- If using a white noise machine to help your infant sleep, do not place it near the baby and play it at a low volume.
- Use hearing protection for you and your family at events with loud music.
- Create a quiet environment for your child to read and do homework.

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Signature _____

Date _____

Resources

Worried about your child's hearing? Speak to your child's pediatrician.

For tips on how to protect your child's hearing from the American Academy of Pediatrics, visit [healthychildren.org](https://www.healthychildren.org) and search "Protect Hearing."

For local resources concerning loud noises:

New York City	To make a complaint about noise coming from the street or sidewalk, call 311 or visit portal.311.nyc.gov and search "noise complaint" to make a complaint about noise coming from the street or sidewalk
New Jersey	While New Jersey does not have a Noise Control Program to investigate complaints, there are options for residents with specific types of noise concerns: visit nj.gov/dep and search "Noise Information and Complaints"

For more information, visit icahn.mssm.edu/research/pehsu/information