# Little SPARK: Simple Play Adaptations to Reference for Kids

## Quiet Ears Ear Muffs

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| **Description:** | **Image:** |
| The Quiet Ears Ear Muffs are designed to provide noise protection for young children so that loud noises in the environment are reduced to a more comfortable level. Child sized for snug fit.  **Instructions:**   * Simply pull down on the ear cups to adjust the size!   **Cleaning:**   * Use warm soapy water. May be disinfected with alcohol. | Quiet Ears Ear Muffs - similar to typical cordless headphones.  [Purchasing Information](https://www.autism-products.com/product/snug-earmuffs-hearing-protectors-blue/)  [Demo Video](https://youtu.be/GXkYsSxhkjw?si=XmoOeWNbDL6di8xx) |

**Who Might Benefit?**

Children who are sensitive to unexpected noises, loud environments, or prefer the quiet to focus and concentrate.

**Why Use?**

This is a way to reduce the noise in loud environments and help the child feel comfortable to play.

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| Instructions for Use: | Adaptation Ideas: |
| **Environmental Considerations**   * The ear muffs can be used in any environment where the child is bothered by continuous environmental noises or sudden unexpected noises. * It is **not** recommended that the ear muffs be used continuously throughout the day.   **Basic Play/Use**   * Observe the child for signs of sound sensitivities (e.g. covering ears, agitation, anger, anxiety, etc.). * Ask the child to identify if the noise is too loud and have the muffs available at their request. | **Communication Supports**   * Visual supports, like a volume meter scale, may be used for children to indicate when an environment is getting too loud. * Use social narratives to prepare the child for unexpected loud noises and how to request the ear muffs when needed.   **Alternatives**   * Typical cold weather ear muffs may dampen unwanted sounds slightly. * Try using headphones with music or ambient noise to safely mask disruptive environmental sounds. |

### Words to Encourage Play/Use

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| **Loud**  Child covering their ears | **Quiet**Child with index finger in front of lips saying “Shh” | **Wait** Child sitting in chair with clock next to them |
| **StopRed light lit up on a traffic signal** | **GoGreen light lit up on a traffic signal** | **Help**A child kneeling on his knee and another child reaching toward the kneeling child. |
| **On A black circle sitting on top of a black line.** | **OffA black arrow pointing to a circle that is away from the black line.** | **Ears**  **Side profile of head with black arrow pointing at an ear on the head.** |

\*”Adaptations” adapted from: Haugen’s Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

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