# 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.
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### 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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