

Centre for Hearing and Balance Disorders (Audiology)

Nose blowing - A parent's guide to nose blowing

Blowing your nose may seem natural to us, but it is something you learn to do as a child.

Everyone learns at their own pace, and that's okay. There are some fun and simple ways to teach your child how to blow out through their nose.

- Nose blowing equalises the pressure in the ear and can help relieve symptoms of congestion in the middle ear.
- The act of blowing helps to open the Eustachian tube; a narrow tube that connects the space behind the ear with the back of the nose.

With a little practice and patience, your child will learn to blow their nose.

Helping your child understand nose blowing

Your child probably blows with their mouth all the time without even thinking about it. Help by encouraging them to practice blowing through their nose:

Make it fun: Blow the fluffy dandelion seeds away using their nose.

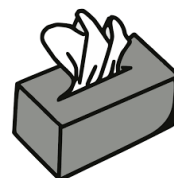


Patient Information

Join in: Take it in turns making a feather move by blowing out through one nostril at a time.



Demonstrate: Take time to blow your noses together. Explain what you are doing and why. Help them practice blowing into a tissue using their nose.



Lightly covering your child's mouth with your finger can help.



Encourage: Use a sticker chart or rewards when they correctly blow out through their nose.



Keep trying: It can take time, so think of new ways together to continue practicing nose blowing.



Balloons: There is a product available which can be bought at your pharmacy. This is a small balloon which your child blows up using their nose.



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Patient Information

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