

Centre for Hearing and Balance Disorders (Audiology)

Nose blowing – A parent’s guide to nose blowing

Blowing our nose comes naturally to us but it is something a child must learn to do.

The learning curve is different for each child, but there are a few methods you can use 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 up the Eustachian tube; a narrow tube that connects the space behind the ear with the back of the nose.

With a little effort and patience, your child will understand the concept of blowing their nose.



Patient Information

Establish the concept of nose blowing

Your child probably blows with their mouth all the time without realising what blowing is. Help by encouraging them to practice blowing through their nose:

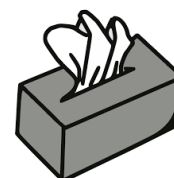
Make it fun. Blow the fluffy dandelion seeds and make them disperse using their nose.



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 them. Use a reward chart for successfully blowing out through their nose.



Persist. It may take time so invent new ways together to reinforce the concept of 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.



Patient Information

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