Once is Not Enough

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NCHAM Model of Family Support

Where Families Find Support

- Formal Parent Support Groups
  - Deaf Specific
  - General Disability
- Informal Parent Support

Parent-to-Parent

Adults Who Are Deaf/Hard of Hearing

- Mentor
- Role Model

Professionals

- Service Coordinator
- Parent Educator
- Early Interventionist
- Audiologist
- Medical Home/Physician
- Speech/Language Pathologists
- Teacher
- Hospital Staff
- Communication Instructor/Specialist

Existing Communities

- Family
- Friends
- Neighborhood
- Places of Worship/Spiritual

Information

- Internet Websites
- Brochures
- Books
- CDs/DVDs/Videos
- Resource Guides
- Curricula

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“The key to a successful integration of hearing loss into a family is the degree to which parents are able to integrate hearing loss into their lives.”

(D. Luterman, 2006)
“Spend at least as much time listening as you spend talking.”

(J. L. Yanz, 2006)
In medical consultations...

50% Retention

50% remembered correctly

25% recollection

(Yanz, 2006)
Emotional Support
A child’s success is independent of the degree of hearing loss....parental attitude and involvement are the determining factors in how well a child will do.
Shock

“All they told me is my baby can’t hear.”
Shock “Checklist”

• What did the audiologist tell you?
• What steps have you taken to get help?
• How do you feel about your child’s hearing loss?
“I don’t mean to be rude, but why are you here and who sent you?”

Denial
Denial “Checklist”

• What can you tell me about your child’s hearing loss?

• How do you feel about the different professionals who are helping you and your child?
“I know this happened because I sanded the floors while my wife was pregnant.”
Guilt Checklist

• Do you blame yourself for your child’s hearing loss?

• Do you feel you are being punished for doing something wrong or being a bad person?
Desire to blame someone, anyone else.
Anger at what we must do to overcome the “loss.”
Anger “Checklist”

• Have you been losing your temper with your child, spouse, professionals or anyone who tries to help?

• Do you often find yourself in conflict with others?

• Are you punishing your child more than you think is normal?

• Do you experience more problems with your relationships since you learned that your child is deaf or hard of hearing?
Overwhelmed by anguish, pain and hurt of loss.

Anxiety
Anxiety “Checklist”

• Are you losing sleep worrying about the future for you and your child?

• Are you usually dissatisfied with the performance of your child’s teachers or therapists?

• Do you set goals for your child that put unusual pressure on both of you?

• Are you unable to enjoy activities that have nothing to do with your child?
Depression “Checklist”

- Are you experiencing a feeling of hopelessness?
- Have you been avoiding simple duties?
- Do you find yourself withdrawing?
- Do you feel alone even with family and friends?
- Do you catch yourself daydreaming when you are supposed to be working on a task?
Rational Thinking
Appropriate Emotional Responses
Patience
Self Confidence

Acceptance
Acceptance “Checklist”

• Have you stopped blaming yourself?
• Have you worked through the stages of grief?
• Are you ready to work with professionals who want to help your child?
• Are you ready to be the manager of the team?
• Do you feel a sense of hope for the future?
Constructive Action

• Allows you to put things into perspective.
• Allows you to identify what is most important for you and your family.
• Allows you to form new relationships with professionals who serve your family, other families of children who are deaf or hard of hearing.
• Allows you to move forward with purpose!
Men and Women ARE Different!
<table>
<thead>
<tr>
<th>He</th>
<th>She</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visible evidence unlikely.</td>
<td>Tears likely.</td>
</tr>
<tr>
<td>No expression of feelings.</td>
<td>Need to communicate.</td>
</tr>
<tr>
<td>Will engage in intellectual problem solving.</td>
<td>Ongoing need for social support.</td>
</tr>
<tr>
<td>Need for privacy &amp; solitude.</td>
<td>Focus &amp; investment in the past.</td>
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The lack of follow through on the part of a patient/client does not necessarily mean they don’t care.


