15:02:25 >> Good day everyone!
15:02:29 I would like to welcome you to today's
15:02:34 webinar that is entitled "Scientific Professional and
Parental
15:02:39 Perspectives" from the fostering joy project.
15:02:48 My name is Will and I am
15:02:55 with the national Center for hearing assessment and
management which is the base for the technical
15:02:57 resource Center.
15:03:02 I would like to welcome y'all today. If you are needing close
captioning,
15:03:07 you will the a CC
15:03:10 button on your screen, you can click on that to activate it.
15:03:15 Today's presentation is going to be recorded
15:03:18 and it will be posted on
15:03:21 infant hearing.org
15:03:25 in the next couple of days. If anything
15:03:29 disruptor full
15:03:32 participation in today's webinar you can access
15:03:36 this again and or share it with other people
15:03:39 for whom you think would benefit from the content
15:03:42 that is delivered today.
15:03:44 Once our presenters have
15:03:48 completed at their remarks,
15:03:50 we will invite you to use the Q&A
15:03:53 screen at the bottom of your screen
15:03:55 to type in questions, but
15:03:57 for now refrain
15:04:00 from using that unless you need to give us some
15:04:03 type of technological feedback
15:04:05 on how today's technology is working.
15:04:08 We want to give our complete attention
15:04:13 to our presenters while they are speaking to us
15:04:15 and then we will open up the floor
15:04:18 for your comments and questions to share.
15:04:22 Gunnar, are you able to activate
15:04:25 the poll question?
15:04:32 There we go.
15:04:38 Is that visible to everyone hopefully?
15:04:43 If you can take a moment to indicate
15:04:46 what your primary role is
15:04:51 that you surveyed that prompted your participation to today's
webinar,
15:04:54 that's really nice information
15:04:56 for our presenters to know about
15:05:00 as we
15:05:02 embark upon their presentation today.
15:05:14 Gunnar, how do we see the results of that?
15:05:24 This gives us an idea of the diverse
people that are here from different perspectives.
We will introduce ourselves respectably,
and go from there.
>> Thank you, and thank you for this opportunity to present
about fostering joy.
We are thrilled to have the chance to share with you about
this movement, and about the work we have been doing and we
are hoping this will go.
We are focusing on the scientific, professional and parental
perspectives.
There are three of us that are presenting and we will
cover those. I should clarify that I don't have the peak or
white coat, so we are talking about social sciences.
My colleagues were laughing,
who is the scientist? I will be here.
We want to introduce the fostering joy of movement.
I'm going to talk about it more but it's sponsored by
two different organizations.
Fostering joy is a collaborative of parents and professionals
and we adjust to arms.
One of them is sponsored by hand the invoices,
the national his invoices group that really supports the
apparent side of things.
In the Institute which is at the children's center
for communication,
school for the deaf where I serve as director come in the
Institute serves as the professional arm.
Fostering joy since in the center of those because from the
beginning, fostering joy has been a collaborative of parents
and professionals and
this is something we intend to keep and carry us forward.
This is central idea that we want to foster joy
amongst families who are raising deaf and hard of hearing
children
and we can do that with families and the professionals that
work with the families.
This captures a few of the people that are on our team.
Karen in the center is a definite hard of hearing adult
was also part of our team and Cora.
This is them with their families.
While we came together parents and professionals –
we do have adults that are different hard of hearing and they
are an important part of what we do as well.
Is not a separate organization that sponsors them but we do
have representatives from that group and we feel like that the really
important thing.
While there are three of us talking today we represent the
core team
and we are thrilled to be here but
we work tightly with other folks that are involved in fostering joy as well.
Those of us who are with you today, both of us, and Jennifer Clark as the professional.
We do want to center that this is about fostering joy for families who are raising children that are deaf or hard of hearing.
All of those call from our experiences and our life to say, we get inspired by opportunities to be with their families. I just want to throughout the question, would you still joy I feel joy watching the sunrise.
If you are Facebook friends, you have probably seen some photos because this is lecture that I took in Salem Massachusetts watching the sunrise.
I find joy in that. What brings you joy?
Think about it for a minute. What onto that because we will come back to it briefly. With I will hit it over to Beth, Beth is our parent representative. Our journey first began with my firstborn did not pass her hearing screen it was 1/2 a dozen tests but specialists and all of those initial tests were correct and we did not need to come back unless there was a problem.
for us we thought we would not question the doctors expertise and we continued on with our lives. We had a second child, everything was going fine, but we continue to notice our daughter was still having problems hearing us but every time we had a problem we went back to the doctor and there was always a reason why that "normal" hearing was affected.
As parents I heard this a lot from other people, it's just fluid in the ears, she needs her tonsils out, she needs tubes then, maybe get a speech evaluation, In the time we are going through these evaluations, we had 1/3 child and he did not pass his newborn hearing screening.
Loaded everyone back up and worked on more tests.
We found at the same day that are firstborn and our third child.
both had a confirmed diagnosis of hearing loss.

On newborn at the time was diagnosed with mild to moderate loss in our daughter was diagnosed with moderate to severe —
and we found out later that the doctor had just Miss read the report at three months.

Sitting as a new mom of three kids, four years old and under, We just found out about these diagnoses.

My husband who was a teacher and coach went back to work leaving me at home for 12 hour days outnumbered with all of this new news.

To be honest, and anyone that knows me I'm a pretty open book.

Looking back, I was probably battling some postpartum depression.

There's a lot of things going on at the time. Two new diagnosis with kids —

my typically hearing middle child was diagnosed with a severe speech delay which I completely missed because I was so focused on the other two

and there hearing diagnosis. The SLP pointed out to me at another appointment.

I felt like a horrible mom because I completely missed that one.

With all this news came in onslaught of appointments and therapies, and really tough time.

There was not a lot of joy in the journey back then, I'm not going to lie.

It was really not good.

Today I'm a parent leader with not only the hands and voices but voices scans headquarters but I was sitting on a committee with an early intervention specialist that works with my family when my youngest son was first diagnosed and I think she was trying to complement me by saying how far I've come on this journey, from when she first met me but the comment was, you used to be a hot mess.

It really struck me for a while, and I was upset at first but I thought, yeah, I was a hot mess.

I will own that. What were my choices?

No one was modeling any joy for me.

I was only getting A really hard journey

in front of me with a map that I did not know how to decipher yet.

I think this is why the parents perspective, no matter how
messy,
15:13:39 is so important, not only for other parents to hear,
15:13:42 but for professionals to hear as well to really help those families.
15:13:46 >> On that note,
15:13:51 as professionals we don't have any formal training in joy.
15:13:59 We are sort of, as a movement, propose some ideas and offer you information antiscience, but
15:14:03 we as early interventionists,
15:14:09 in my training we did not have any formal training, how do you do joy in early intervention?
15:14:13 How is it that I can bring that energy
15:14:17 into a session, or into my relationships with colleagues.
15:14:23 As Beth stated, that the things that we say are making lasting impacts
15:14:26 on families. As professionals we are making lasting impacts
15:14:31 not only on colleagues but particularly our families.
15:14:35 We remember the way that we make them feel.
15:14:37 Beth is going to talk more about that
15:14:42 in this presentation. But we are uniquely positioned to be able to
15:14:45 Be, will be called joy ambassadors.
15:14:48 We are able to bring that to
15:14:54 the families even if they are not aware that they are ready for it, or maybe they are not.
15:14:58 We don't know and we cannot necessarily judge that but we can bring that to the table.
15:15:05 When I used to work in early intervention, the one of the things I would do was someone would call me and
15:15:12 I had a new desk kid, and
15:15:16 I might be the only person getting a new desk kid but that's OK because that's the way that I felt.
15:15:20 My colleagues knew I was really excited about this
desk kid. That person is aware of how I feel and maybe we can bring that into
15:15:28 the sessions with the families.
15:15:32 What if we are the only ones that are able to do that?
15:15:40 What if we are able to bring that joy, but we don't know how.
15:15:46 But we are not asking to make those changes, or only asking
15:15:50 to think in a way that you talk to families or you can try
15:15:53 very specifically to incorporate that joy
15:15:57 into goals and outcomes
15:15:59 in your work.
15:16:02 That takes us to, what do things
15:16:06 look like now? When we go into position with the family, we are
15:16:11 working really hard to collect data. We need to take data in our minds and
15:16:15 in that moment we will
15:16:17 plan for the session. We are going to plan
15:16:19 what this path looks like I had for us based on
15:16:24 the data collection right now but it could be sort of like
reading a report card.
15:16:28 When we are going into a session with the
15:16:31 family we asked them to do a report card readout.
15:16:34 That doesn't sit well with the families and Beth is going to
talk about that
15:16:37 in her own journey, it puts a lot of pressure on
15:16:41 the moms were the dads to feel like, I need to be
15:16:46 reporting on what I did, not necessarily how I felt were the
15:16:50 experiences and
15:16:56 that could be enjoys a period of doing data collection, and
often times it sounds like, what are the new words that he learned?
15:17:00 Was the data that you collected this week? If you did not do
that,
15:17:06 I'm not making you feel bad about it, but let's do it right
now and I'm going to get it over with.
15:17:09 That clinical perspective
15:17:12 lingers in the way that we interact
15:17:17 with families. Beth is going to talk about a memory that she
has
15:17:21 >> This is Beth again, this is a picture of my youngest
15:17:30 , Harrison, we lovingly named him 'hurricane Harrison'
15:17:35 this is when he was two, and we had the opportunity to
receive therapy
15:17:38 twice a week for one full year
15:17:46 from an amazing organization specializing in deaf and hard of
hearing language development. This is
15:17:51 pretty COVID time so things like zoom is not a daily
occurrence.
15:17:56 We were offered escape therapy. It was one more learning
curve
15:18:02 to be able to do therapy number one, and therapy online with
a two-year-old.
15:18:08 We would put him in a chair, and before each session,
15:18:11 I would get a lesson plan that's up on the screen.
15:18:17 So I knew what to prep on and knew what to focus on
15:18:19 during that hour lesson twice a week.
15:18:23 After each session I would get feedback
15:18:28 from the therapist on how
15:18:32 it went, what I needed to work on, this particular session we
were working on a few things
15:18:37 one of them using books, I was trying to get him to make eye
contact,
15:18:39 I was trying to get him to imitate
15:18:42 one single word from the book.
15:18:44 Interest model a few different things.
15:18:47 Looking back after that session,
15:18:51 and I was reviewing the notes, and some of the feedback
15:18:55 that I received similar to what Jennifer
15:18:57 shared on the first slide,
15:19:03 it's OK to tell him that he's being too loud and AAHHHHH
15:19:06 it is not the same as saying more.
15:19:12 Another piece of feedback was, I see he wants to play ball on
15:19:17 his own terms.
15:19:20 Good job ignoring the screams,
15:19:24 but why he changed it up and started throwing his hearing
15:19:29 aids, I don't know.
15:19:34 Finally, he did it, he initiated "eat"
15:19:38 at the end of the feedback, the therapist said, it was a
great session.
15:19:43 From a parent, I thought this was a complete failure.
15:19:47 I just endured an hour of listening to myself
15:19:49 talking really stupidly and saying things like,
15:19:54 "can you make the elephant walk, walk, walk."
15:19:59 By being screamed at by two-year-old and having hearing aids
15:20:04 thrown at me
15:20:10 I love this therapist, 100% recommend them, and know that
15:20:15 sessions like this
15:20:19 are necessary to see growth, I did not see that.
15:20:23 She gave me a lot of praise, I'm not going to lie, there was
15:20:27 a lot of, "good job doing this, way to hang in there."
15:20:32 But I was not open to it because
15:20:36 this frankly sucked. I did not enjoy this time in my life of
doing this
15:20:41 multiple times a week
15:20:45 with a therapist.
15:20:49 Then doing every day by myself on top of
15:20:53 the developmental specialist, the teacher of the Deaf, the
15:20:57 speech therapist,
15:21:02 the occupational therapist, and that was just for one of my
15:21:07 kids.
15:21:12 I had to others that had needs at that time as well.
15:21:16 Not being joyful
15:21:20 was not really helpful.
15:21:24 Then I was still start the next session with, "what new words
15:21:29 did he imitate? did you fill out your chart?"
15:21:34 all of those things that are so clinical. It was not fun.
15:21:38 Jennifer will discuss some of the strategies to how we can
15:21:43 have a joyful exchange
15:21:48 between parents and professionals.
15:21:52 >> This is Jennifer.
15:21:57 Listening to Beth speak, I can
15:22:02 hear from a professional perspective
15:22:06 that person was working really hard.
15:22:10 We know and we hear that and we go, that person was doing
15:22:15 their best
15:22:19 to balance what's happening in front of them, what their
15:22:24 training with information that they know they need to convey
15:21:24 to the family. We are on a time crunch. We don't have all day with families.
15:21:28 We have 45 minutes,
15:21:32 the audiologist knows they need to test the child, get all these things done.
15:21:36 We want to offer ideas
15:21:40 through this movement to still accomplish all of those things that we need to do, but perhaps
15:21:45 reframing in a fostering joy... From this perspective.
15:21:54 Instead of making the families feel like they are reading out a report card of what they were supposed to do, what were you supposed to do last week?
15:21:57 data collection can we
15:22:00 slow down, this is just the
15:22:02 beginning. Beginning to have
15:22:07 a conversation, slowing down, paying attention to what the family
15:22:10 is saying and what...
15:22:15 How are they feeling just based on how they are saying, but can we gather more information
15:22:18 based upon what they are not saying.
15:22:21 Have a conversation with them. A reflective conversation.
15:22:25 We have a few ideas, which would be,
15:22:28 what made you smile this week?
15:22:30 Simply said.
15:22:33 Starting off that way.
15:22:37 What made you smile this week, what were some of the moments of joy
15:22:40 from this past week with Harrison.
15:22:45 There's a lot that goes on in the week and sometimes asking these broad questions might be too much.
15:22:50 Maybe some are specifically saying, what made you smile about your interactions with your son.
15:22:53 What was a joyful moment you can recall with Harrison.
15:22:57 And Beth will talk a lot about
15:23:05 If we are coming at this clinically, then Beth is going to be assessing her
15:23:09 achievements, or the outcomes based upon the clinical perspective.
15:23:16 If we are changing the way that we are asking questions, and coming at this from a joyful perspective, perhaps we are going to get better data collection because Beth does not think
15:23:24 that the spontaneous moment is what this person is asking me about.
15:23:28 That's what this person is wanting to know about this exchange that I had with my child.
15:23:31 She wants to know did he say two word sentences.
15:23:36 Did we achieve everything that we were supposed to
15:23:38 work on with our new strategy.
We are going to pass it back to Beth and say how we can offer data collection differently.

This is Beth again.

This is Harrison at age 3.

The hurricane got downgraded to a tropical storm a little bit as he got older and a little bit more manageable.

At three he started in a self-contained deaf and hard of hearing preschool. This is one of my favorite memories of him and I love that I put it on Facebook so it does come up every year for me.

First time being in school, he got to participate in spirit days! Just like his brother and sister that he watched for so long.

As I stated in my Facebook post, he talked for three hours.

Just about this day.

It was crazy hair, crazy shirt, crazy sock day.

I'm sure that I used the same strategies to elicit language out of him while getting ready, do you want to wear the blue shirt or the red shirt? Do you want the green hairspray or yellow?

The fact that this was just, like Jennifer said, more spontaneous, more natural, in a sense...

He just started talking!

He talked about so many different things.

It was really joyful for him therefore was joyful for me and therefore I found it as a success.

Maybe hot gluing plastic bugs into your toddler's hair is not the most natural way to elicit language from that but the great thing with this, I got three hours before school, his teacher reported back to me all the opportunities at school with his peers, his teacher saw other students, other teachers, to talk about this.

He chose green in his hair to look like green grass.

He talked about the bumpy bugs. He talked about the smooth bugs.

He came home and told his brother and sister and at all of this. We had a full day of language was normally I would be sitting there with my paper and pencil on a clipboard checking off what kind of words. I don't even think I could told you
how many words he did with this.

Again, looking at his little face, remembering that joy from that day will stay with me forever. And the fact that I wrote and documented it in this, it made all the hard work worth it.

If you had gone back to the picture in the highchair, I was not feeling it. I never saw the light at the end of the tunnel.

Having this joyful moment made that hard work worth it for me as apparent.

One of the things you want to make sure that we are mindful about emphasizing and including is that fostering joy is really for families who have children who are deaf or hard of hearing in any way that they show up in the world. We are including of disabilities, it might be different, for this particular child, making those first steps don't happen in the same timeline.

I can guarantee that the family seeing those first steps from the child feel all the feels that come with seeing a child take their first steps given more the effort the child took to reach those milestones. We are really meaning to be mindful about that but we are not thinking about fostering joy just in terms of accomplishments.

Sometimes it gets phrased that way, once my child started to do these things, he brought joy. What we have actually found is thus far, in our fostering joy parent Facebook group, for example, there's a substantial percentage of folks that are from the Deaf+ world. A lot of families that have deaf or hard of hearing...

Is not only just on achieving things or making milestones, although we do frame things in those ways professionals and early interventionists but it's about being in those moments.

This movement is inclusive of all.

I like this quote. "Joy is a decision, really brave one"

Sometimes They say it's about the good things but the science suggests that it's about the things we focus on. How it feels, how we perceive it, and whether it's beginning to elicit response.

Here's an example, if any of you had the experience of getting married, for example there's a lot of emotions that
Some could say excitement, some might say terror. They can feel similar in your body. How you are perceiving the situation, will determine what you label that feeling. Very often we have feelings and things like anxiety, nervousness and excitement are pretty tied together. Our body responds in similar ways to those experiences so how we then interpret that or perceive the situation and label that the motion will influence how we move onto the next thing. Point number three, whether the situation is big enough to elicit a response. There are people who are highly excitable and some are mellow, but part of what helps us foster joy is to choose to be intentional about having a big enough response, two things that are not necessarily big world events. The marriage for example, It can be snuggling this baby that has just had a bath and I smother here and that's joy. My son who is no longer a baby and he's like, I don't get why you smell here. It just takes me back to when you were little and squishy. Now that you are a and sweaty, and you don't smell so good… That's why it's after the bath and not before. Joy can be mixed emotional state. This is something to be mindful of as well. Sometimes we think of... An example that came to me as I was preparing this slide was at my grandfather's funeral which was very sad and so many ways and they played taps and I was so grateful for the experience of his life recognized. You know? I felt joyful and my mom looked at me and she's like, you're crying, I feel joyful. He died! I know. That's part of it. Because he lived his life and I was able to reflect on that and it was celebrated in a way that was beautiful. And honored. Just all of those things. Joy can be mixed state and comes often in moments following difficulties, struggles, things that we are having to work toward. Joy can also feel like relief. It can be ecstatic, happiness. Or it could be (sighs)
of the science behind joy is growing. Much more recently, 2018 to 2020 there's some recent articles that look at how joy is different than that. How is joy different not just a positive emotion, but it encompasses more of these things. It's exciting for me as the social scientist to be thinking about how we think of those sciences for ourselves and others that understand joy in a way that's a little bit different. It's not always jumping for joy. Joy does not happen only in those moments. When you win the lottery, because most of us don't or you get an Olympic medal, because we also don't do that but we can experience joy in that delicious bite of food, or the food that's made for you by the people that love you. You're like, uhhh, THAT. The cool sand on your toes if you are a beach person. Sometimes kids have standard versions but those who like it, cool sand on your toes, amazing. Finding the joy in the things that bring you joy. Those are individual and they are not uniform, they are not universal things. It's much more common to have those everyday moments of joy. Then the big earth shattering life-changing events that we think of that result in jumping for joy. We are going to talk a little bit about how that works. How do we foster joy? It turns out that when we focus on others good fortune and reflecting on our own we actually activate the brain's reward system. When we reflect and hold onto those moments where we feel joyful, we are feeding our brain's dopamine and other things and helping our brain say, "yeah, this is good." The more that we have those experiences, the more readily it comes. Science suggests that it's only 20 to 30 seconds of focusing on joy that can change us and make our brains more ready to experience joy the next time. It's not like you have to be a Buddhist monk and meditate for hours and be in that place where now I'm ready to take on, it's short moments of mindful, intentional focus on that and it can be on other people's joy as well. That's important because in the world that we've been living in in the recent years, we have to find ways to take care of ourselves and others.
It could just be, giving a lot to others, and we don't want to feel like we have nothing left for ourselves. We can find joy, in those moments can help feed and fuel us. This is a relatively new thing in the area of science with positive psychology and focus on joy. Positive empathy or coaching happiness. I like this idea. When we intentionally tried to foster happiness and others there's these good things that happens to us. People report greater satisfaction, increased happiness, greater trust with others. It sounds nice and lovely but I want you to think about what that entails. To catch happiness, means when someone wants to share something about something good that happens with them, we don't get jealous. We are intentional about... I worked for that, I didn't get that same outcome. Or we can truly focus on that I'm happy for you and mean it when we do that.

That our lives also improved. There is much to be said in thinking in that way as well. I want to introduce the idea of (unknown term) which isa word that refers to being unselfish, appreciative and having vicarious joy about others. This is not just a western fancy idea that there are historical traditions where people have talked about the state of being that truly being happy for others, and fostering that can have really positive impacts as well. Where we focus our attention influences how our brain rewires and acts towards happiness. This is pretty interesting neuroscience stuff. Here are some strategies coming out of this line of work. If you set the intention to things that are joyful, for me, one of the things that is joyful for me is seeing the sunrise. Pull that backup in your brain, if you attend that, you relax while you are doing and your parasympathetic nervous system goes, "oh yeah' and you can take this deep breaths. I could be thinking about it I can ponder what it means to care about that and you can feel the sensations in your body and when you do that your brain readies itself again to have more of these positive reactions in the future. Neuroscience they talk about things that fire together wire together. The more that you think about something in a certain way the
more it
15:37:08 happens more naturally.
15:37:12 For those of us that could be pessimists,
15:37:15 that's something to be mindful of and the opposite is true.
15:37:20 When we focus and say I'm going to find moments of joy in my
everyday
15:37:22 it becomes easier to do that
15:37:25 I'm going to share quick story
15:37:29 one of the people that's in our professional working group
has been doing this joy practice
15:37:34 and serves as an EI provider capacity.
15:37:38 They asked the questions as recommended
15:37:44 tell me about something joyful. On the third session, this
parent reported
15:37:49 you know what happened this be?
15:37:50 I see you on Thursdays and it got to be Tuesday and I hadn't
15:38:00 had a joyful moment, so I'm going to pay attention so the
parent was literally
15:38:03 looking for the joy so they can report on it
15:38:07 the feedback was so positive to the professional
15:38:15 it's helping me mindful
15:38:30 another brain science inform strategy is to counter the
negativity bias.
15:38:36 Unfortunately our brains are wired naturally to refocus
15:38:40 on some of the negative. The phrase here is the
15:38:49 brain is like Velcro, for the bad experiences and Teflon for
15:38:56 so we can be thinking in that way.
15:38:58 Cultivating a gratitude practice is one way
15:39:01 that has been shown through positive psychology
15:39:03 to be really helpful
15:39:07 in fostering people's ability to experience joy
15:39:09 and finds joy.
15:39:12 Turns out that although
15:39:16 our brains are inclined to be the Velcro for the negative,
15:39:22 there are things that we can do that. Gratitude journals –
there is evidence on how helpful
15:39:34 that can be and it does not have to be expensive. A lot of
the gratitude work had found if you raise three things that happened,
three times a week, four months,
15:39:40 there are neurological changes that happen
15:39:44 if you think about the amount of times that families, how
much
15:39:47 time you spent in the chair with the child
15:39:51 it might take three minutes at the end of the day,
15:39:56 and it allows you the space, the headspace in physical space
15:39:59 to be thinking more in terms of the gratitude which is
lovely.
15:40:06 Those easy strategies, three good things – that something as
15:40:08 your children get older,
15:40:17 tell me three good things,
15:40:21 tell me something that really brought you joy today.
15:40:23 Tell me about how you left in the classroom.
15:40:27 Was there anything you did that made your teacher left?
15:40:31 Those kinds of questions to get you
15:40:35 more out of your kids.
15:40:44 Drawing this parallel that
15:40:48 we all breathe, when you breathe in its intentional it can be
15:40:52 like meditation. There is a lot of evidence around
15:40:55 the importance of meditation.
15:41:01 We suggest in the science that the idea of intentionality in
15:41:03 finding moments of joy
15:41:07 is very similar.
15:41:14 By being intentional about that you can reap the benefits of
15:41:17 having a more joy filled life.
15:41:26 >> This is Beth. Some studies also show that joy can differ
15:41:29 across cultures and contexts.
15:41:32 One of those contexts is also the difference between
15:41:35 two parents in the same household.
15:41:39 I mentioned before, my husband, he's wonderful and
15:41:43 he did as best as he could taking off time for the important
15:41:47 appointments.
15:41:50 Clearly I was staying home and he was not. I was the one
15:41:53 doing the day-to-day therapy.
15:41:57 We talked before about the joy that he had especially in
15:42:02 the really hard times at the beginning
15:42:06 when I was struggling.
15:42:11 He told me that his joy was when our son
15:42:17 would finally accomplish something and he recognized his own
15:42:26 We got old enough and he would turn around to my husband and
15:42:30 say, "more milk please."
15:42:34 And he looked at the product that brought my
15:42:37 husband's joy.
15:42:40 I thought about my progress, and the amount of headaches I
15:42:44 got, the amount of times
15:42:47 toys would be thrown and hit in the face.
15:42:50 What I think about my joy in something like the spirit day,
15:42:54 he got a picture of it.
15:42:57 He could see my joy but he didn't get to experience the same
15:43:01 thing.
15:43:04 When we think about that with parents, we have a lot of
15:43:07 parents that,
15:43:11 like me, have multiple children with hearing loss.
15:43:16 Sometimes the second diagnosis is the most joyful thing for
15:43:20 them. While for someone
15:43:24 else, a diagnosis of the hearing loss is where
15:43:27 they are going through the grieving process.
They do not find joy in finding out that joy is going to differ not only between cultures but context as well.

Hume to me and said, I want to do men's group, and I said OK, what do men's groups do?

It's just going to be a place where we can get together, and talk, and share and we could be joyful.

They are going to do it differently, and no moms are allowed.

Great! You are taking on the opportunity Four there just to be a space to.

If you notice something that's happening in a session with the family that you can say, I noticed when your child's face lit up you did XYZ...

We want to offer an idea that you can point out joyful moments during your sessions.

If you notice something that's happening in a session with the family that you can say, I noticed when your child's face lit up you did XYZ...

By now, you are ready to bring in that language in a natural way because we will be taking joy and slow incorporated rather than doing it dramatically.
However if you want to be bold and go a little bit bigger, we do know that, ISFP's can cover the whole family. What if we can go into our goals and outcomes.

Mom is going to share a joyful moment with her son before she put them to bed before my son was even old enough to talk, every night I would say, "my favorite part of today is when we smashed the Playdo" we are doing recall overall these language things but we are also trying to foster joy.

We have resources, we have more ideas and we have put them up on our websites, we have little principle PDFs that can help you if you want to fill them out or you just need prompts to take with you and a slightly look at while you are on your session.

Go to our website and print those off. Feel free to share them or maybe you use them in a team meeting with your other colleagues. >> As we talked about the journey is going to look different for everyone. Not everyone is going to be a hot mess like I was. Some days I'm still hot mess but that's OK. I think the key thing is no one needs to be alone on this journey. Whether you are a parent or a professional Supporting each other on the journey and through these joyful experiences is really important.

Kind of to finish up, really... What does it mean to be a joy Ambassador? as professionals some overlaps, some of it is unique to you. I think we had a lot of presentations with fostering joy – hopefully everyone is aware of our Facebook groups. We have one for families, and we have one for professionals. We have an Instagram page that's open to anyone. We also have hands and voices it is our family arm, if you will. On the hand invoices website there are a ton of resources to be able to do this, and of the Institute website has a lot for professionals. That is fairly new, so anyone that's not as familiar with fostering joy, definitely check that out for professionals, tips for you as professionals but also tips for you to work with families. I'm not going to lie, I really wish this was around 10 years ago when I was going through this. Just being a joy Ambassador, it's not joining a committee, showing up to monthly meetings, it's something that you are embodying. What can you do as a
parent
15:49:46 leader or professional, or someone that sits on a committee.
15:49:48 We would love for you to share ideas here.
15:49:52 In our state we actually have a holiday party in person
15:49:56 this weekend. One of our parent
15:50:00 leaders made a beautiful mural that's going to be
15:50:03 interactive that will be on the wall so parents and kids can
go up and
15:50:06 jot down a joyful moment at this time.
15:50:12 I can be as small as that
15:50:22 to what Jennifer said, as a professional, pointing out some
of those joyful things that you see a parent doing.
15:50:26 The ideas we would love to hear what you guys are doing, what
you guys have ideas to do
15:50:30 and really just share this joyfulness because we all need it
15:50:33 now more than ever and families,
15:50:37 it's a long journey and professionals are definitely part
15:50:40 of that journey with us so we want to be able to
15:50:42 embrace that together.
15:50:46 >> This is Amy
15:50:50 I'm going to stop sharing the screen in a minute.
15:50:54 I want to thank Beth for being real. That's an important part
of what we want to convey
15:50:59 today as well. It's not gloss over, it's not the idea
15:51:11 of, just focus on joy and all will be well, all of those
things can be well and at the same time
15:51:15 if you find moments of joy in the make and build the
resilience so
15:51:18 you can manage them.
15:51:29 is planting the seeds of the spring garden can grow. Being
intentional, jot down the things,
15:51:34 but something innkeeper app, or even if you are a
professional that
15:51:43 works is you, rather than going down the
15:51:47 list of things, I want to tell you a story this week. I want
to tell you what
15:51:52 made me really happy. I saw my child help his sister and
15:51:55 those lovely things because we are building and growing
15:52:00 and raising little people who... People.
15:52:03 They are not years or language devices
15:52:06 Or whatever...
15:52:09 Sometimes it can be sectioned off into that.
15:52:13 If your discipline works on this, that's what you focus on
and a discipline works on this
15:52:17 and that may be there focus. But they are individuals.
15:52:22 They are children. All of those things are a part of their
growth
15:52:27 and that's what we want to foster including social emotional
development
15:52:32 are they good people? Are we raising tiny humans that can
contribute to the world?
15:52:34 With that I will stop sharing.
15:52:41 >> This is well fromNENTRC
15:52:46 the Q&A boxes activated now.
15:52:54 As questions come and I will read them during the next few minutes that we have until the top of the hour.
15:53:01 I would like to personally thank all three of you for what you have been sharing with us. It's wonderful that we are legitimizing as a part of health and educational services, the question that even though things may be hard, and unwanted experiences...
15:53:15 And there's a whole plethora of those that we encounter in our lives that somewhere along the way, professional asks us, "so what are you getting out of this?"
15:53:29 despite the difficulties that we face, that is a legitimate question.
15:53:36 I appreciate you legitimizing it.
15:53:40 Here's a question, the first one is designated for would you still recommended that therapists and are they necessary for the joyful moments that you felt?
15:53:56 >> This is Beth, great question.
15:54:01 For me, yeah, I think those clinical things are definitely necessary.
15:54:04 I wouldn't change my experience.
15:54:13 Only that, again, as a parent, I was so deep in it I had a hard time saying that I need to take a break.
15:54:19 The professionals maybe could've recognized that a little bit more.
15:54:21 Andy seen the stress level well maybe if they slowed down a little bit, or focused on some of the joyful things,
15:54:26 I could've, breath.
15:54:33 One example of that, I mentioned both of my kids were diagnosed the same day, they also got their devices the same day.
15:54:40 Just horrible twist of fate.
15:54:46 Going on with our hot mess, my husband was in the ICU the night before.
15:54:49 I show up at the appointment by myself.
15:54:52 I had to switch grandmas around to help do childcare and get people where they needed to be and I really wish I had the foresight to say, this day does not work for me.
15:55:04 But I also wish my audiologist would've said, let's separate these two apartments. That's a lot for you.
15:55:11 For nine-month-old and a four-year-old
or, you don't have any support, you have two kids here with you, let's take a step back. Those type of things, they are important but I think professionals have the opportunity to see something that maybe parents are not seeing in the moment. We had someone give the suggestion of joy jars that they used at the family camp. That's another way people were thinking of, the next question is, do you have tips for families that are not feeling joyful right now that they need extra help getting to the joy? This is Beth, I can probably answer that from a family perspective. One of my favorite things right now is the fostering joy Facebook page for family specifically. I just really love listening to other people share the joy and it might be something you never thought of before. I can kind of start realizing I can find joy in other things. I know Amy talked about kids that are deaf and hard of hearing with additional disabilities or Deaf+ to be honest I find so much joy with that. I look at these families that, in my mind are going through so many things harder than me and if they can find the joy in something that I've never even thought of, I think, what am I missing out on because I'm so focused on myself. I think that's really great especially if you are newer to the journey and don't know a lot of families just connecting with others in your own community, or nationwide. That's been really helpful. I would like just to add to that as well. I want to be mindful I'm not adding something additional to the families. In addition to all the things make sure you are being truthful. This is not a pressure doing that. The emphasis on the idea of when it already happens, the spontaneity of the bugs in the hair, when it already happens, when your child is in the bath in the air splashing and laughing, when the good moments happen, cherish them, relish them, hold onto them, know that there will be no of them. Make sure that you are being mindful, and make sure that you are having the right attitude. We don't want to have a pressure on families,
just celebrating moments of joy help them to keep coming.
Here's a question from an audiologist in our company today.
She says, as an audiologist, we see children far less often than therapists and teachers do. What would've been the questions you would've wanted this less frequent presence in your life to ask you to foster joy?
>> This is Beth, that's a really good question and I don't know if I have the right answer now. I agree, back then the audiologist was very far and few between. It was panic mode only when I was going. I definitely think that something, as professionals, maybe we need more audiologists in our foster joy to help with some of those questions.
For me, I always felt really embarrassed because the first question was, how long was the hearing aid on? You have it on your computer records you don't need me to tell you. Just the grace of realizing... Sometimes you have the data but sometimes real life happens and... 10 minutes a day is about all I'm getting right now. That sometimes has to be OK and I think parents need the grace to make the mistakes and not feel judged from it but that was a great question. Reach out to us! Help us!
>> Did you want to add something, Amy?
>> When you're raising a hurricane, that's not so easy. Hearing aids go all over the place. Just one thought about that, is the child benefiting? Tell me an experience where was on and it felt like he was making a positive difference. It might not be that they are responding to a word, it might be the child notice someone's voice for the first time. There might be other things that are showing benefits that are not measured in the same ways.
When we leave open-ended questions around it, what do you see as benefits? Describe to me... How is this working? If there were little moments, even during those 10 minutes a day when Harrison had them on, did you see evidence that this was building in connection with you? That's one of the things that happens
Early on as well.
Children are more into and with caregivers.
That's huge for families!
Checklist side, my child and I had these moments
when they were looking at each other and they had a
connection.
>> We are unfortunately at top of the hour, that went
by so fast. Thank you to all three of you
and to our captioner, our participants,
and a lot of people in the wings that no one ever sees
that help support the balancing act of these technological
communications.
Thank you to everyone. Remember, today's webinar was
recorded.
And will be on infanthearing.org
in the next couple of days.
You can point them there, or view it again or share it again.
As you go away, notice how your browser screen will change
once we ended this meeting
because it's going to pull up
a quick evaluation and a certificate generator.
If you want credit for having attended today's webinar,
you will be able to get that by completing the few evaluation
questions that are there.
Thank you everyone, and be joyful!