

Once is Not Enough

Joni Alberg, BEGINNINGS For Parents of Children
Who Are Deaf or Hard of Hearing, Inc.

Mandy McClellan, AR Hands & Voices/Parent

Djenne-amal Morris, BEGINNINGS For Parents of Children
Who Are Deaf or Hard of Hearing, Inc./Parent

Where Families Find Support

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

Parent-to-Parent

- Mentor
- Role Model

Adults Who Are Deaf/ Hard of Hearing

family

Information

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

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

© BEGINNINGS 2010

NCHAM Model of Family Support

“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”

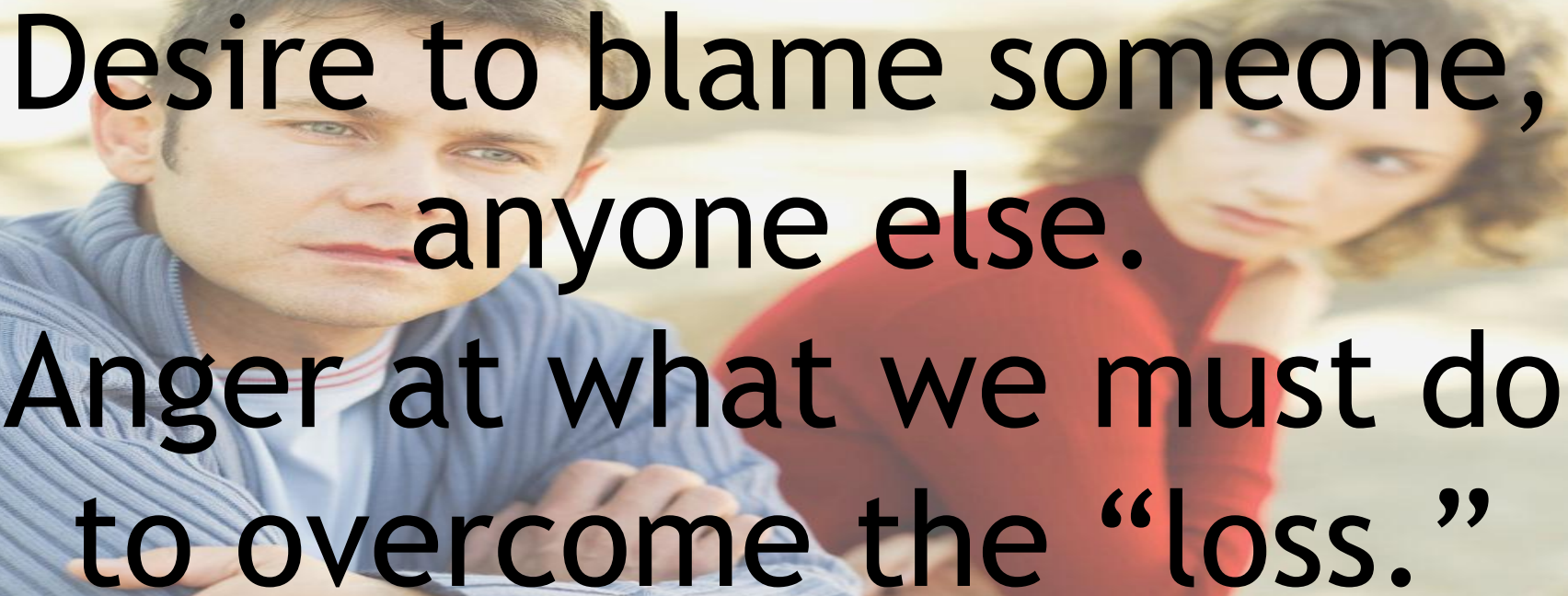
- What can you tell me about your child’s hearing loss?
- How do you feel about the different professionals who are helping you and your child?

Guilt

“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?

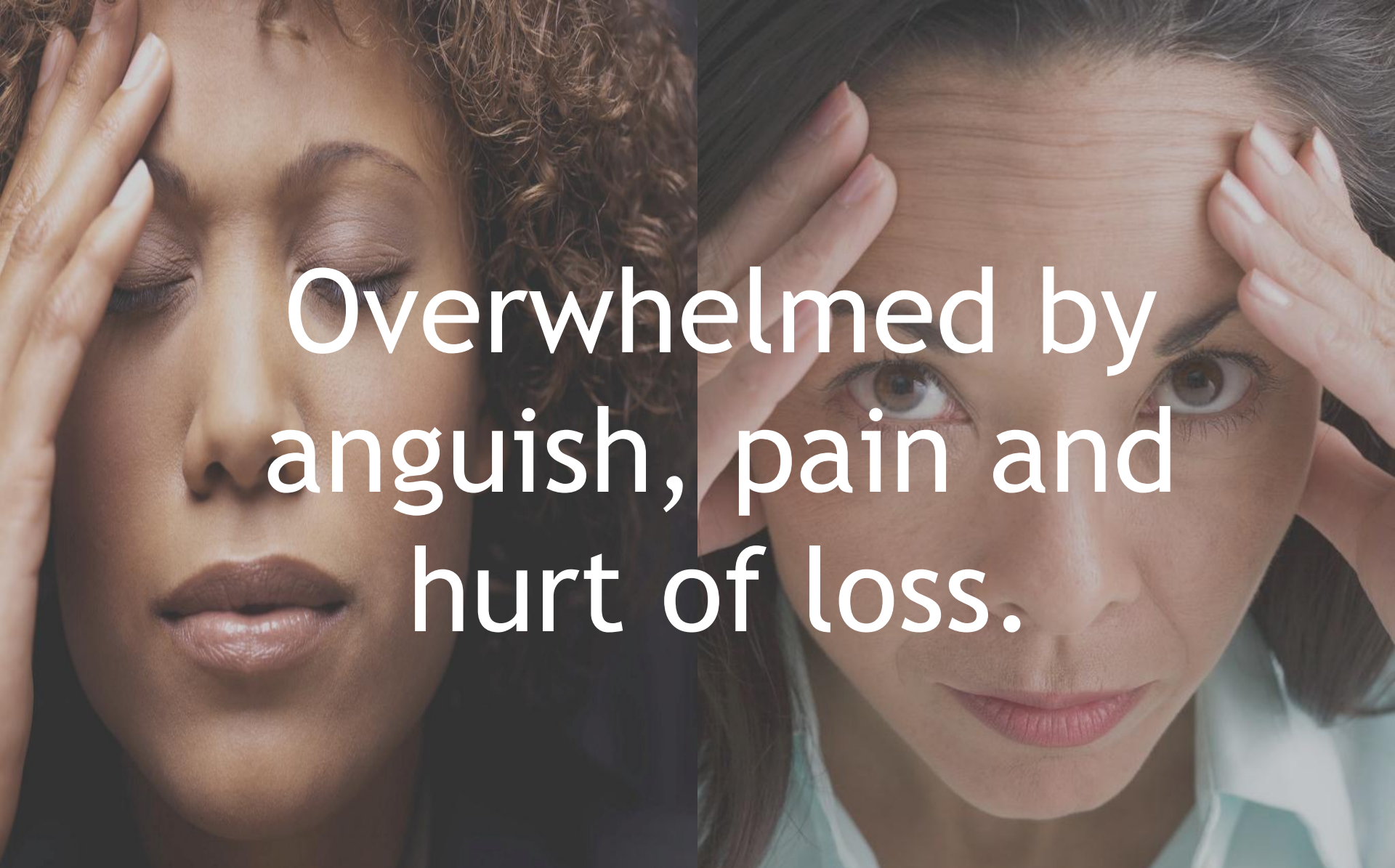
A man and a woman are sitting on a beach. The man, in the foreground, is wearing a blue ribbed sweater and has a thoughtful, slightly sad expression. The woman, in the background, is wearing a red top and is also looking thoughtfully to the side. The background is a soft-focus view of the ocean and sky.

Desire to blame someone,
anyone else.
Anger at what we must do
to overcome the “loss.”

Anger

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?

A composite image of two women. The woman on the left has her eyes closed and her hand covering her face, suggesting a state of despair or grief. The woman on the right has a wide-eyed, intense expression with her hands on her forehead, indicating anxiety or mental anguish. The text is overlaid in the center of the image.

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!

A couple is walking on a sandy beach at sunset. The woman is on the left, wearing a light-colored top and striped pants. The man is on the right, wearing a white shirt and dark pants. They are holding hands and walking away from the camera. The sun is low on the horizon, creating a bright glow and long shadows on the sand. The ocean waves are visible in the background.

**Men and
Women
ARE
Different!**

He

She

Visible evidence unlikely.

No expression of feelings.

Will engage in intellectual problem solving.

Need for privacy & solitude.

Tears likely.

Need to communicate.

Ongoing need for social support.

Focus & investment in the past.

**The lack of follow through
on the part of a
patient/client does not
necessarily mean they
don't care.**



A Few Resources...

BEGINNINGS For Parents of Children Who Are Deaf or Hard of Hearing, Inc. (2010 Revised) *Understanding Your Child's Hearing Loss: A Parent Guide*. Raleigh, NC (available in English & Spanish)

Families, Professionals, and Exceptionality: Positive Outcomes Through Partnerships and Trust. By A. Turnbull, R. Turnbull, E. J. Erwin, L. C. Soodak, and K. A. Shogren (6th Edition, 2010). *Pearson Education*. Upper Saddle River, NJ.

The Impact of Childhood Disability: The Parent's Struggle. by Ken Moses, Ph.D. <http://www.pediatricservices.com/prof/prof-15.htm>

May, James. *Loss and Grief: The Paradox of Pain* (1992).

<Http://www.fathersnetwork.org/652.html?page=652&SESSION=9ac7e4494847673ecbc3aeea2335bb71&s=0>

[Children with Hearing Loss : A Family Guide](#). [David Luterman](#) (Editor) , (2006). *Auricle Ink Publisher*. Sedona, AZ.

For Copies of this Presentation

dmorris@ncbegin.org

jalberg@ncbegin.org

mandy@mcclllandesigns.com