Fostering JOY in Families with Children who are Deaf or Hard of Hearing

Rocky Mountain Deaf School * Family Education Program * Jan 8, 2021
Fostering Joy

What_does_JOY_mean_to_you_
What is JOY?

• The emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires: delight.
• The expression or exhibition of such emotion: gaiety.
• A state of happiness or felicity: bliss.
Naming the Elephant

Our context is a little different now
“Too busy to enjoy my child”

Even before COVID, home schooling, working from home, feeding people 5 times/day...
We Want to Change the Conversation from Challenges and Mitigation to Fostering Joy!
It is not exactly like this
But isn’t “positivity” just wishful thinking?

- Positivity feels good
- Positivity changes how the mind works
- Positivity transforms your future
- Positivity puts the brakes on negativity

Barbara Fredrickson: Positivity
Positivity Feels Good

- gratitude, hope, inspiration, awe, serenity, interest, pride, amusement... and joy!
Positivity Changes
How Your Mind Works

• Think creatively
• See different opportunities
• Challenge the “broken record” of “not enough”
• Connect with others, perceive as allies
Positivity Transforms Your Future

• Brings out the best in you
• Builds up your resources
• Allows you to be more mindful in current circumstances
• Contributes to resilience
Positivity Puts the Brakes on Negativity

- First, the “positive shift”
- Then, basking in the positivity
Thinking Makes it So

- What is right about my current circumstances?
- What makes me lucky to be here?
- What aspect of my situation can I view as a gift?
Recognizing Joy When It Emerges
Even when circumstances are out of our control

“We can choose joy even in the midst of the unexpected”
Attitude of Gratitude

• The Seven Ways that an Attitude of Gratitude Impacts Your Functioning

• Sonja Lyubomirsky: The How of Happiness
Promotes “savoring of positive experiences”
Bolsters self-worth and self-esteem
Helps to cope with stress and trauma

The biggest obstacle you'll ever have to overcome is your mind. If you can overcome that, you can overcome anything.
Encourages moral behavior
Builds and strengthens social bonds ("upward spiral of friendship")
Inhibits comparisons with others
Diminishes negative emotions
Live Where the Joy Lives
Awe
Creating Positive Experiences

- Be aware of your body
- Soften and open
- Consider a ‘good fact’
- Be kind to yourself
- Share the good
Fostering Joy Home Page
www.handsandvoices.org/resources/fostering-joy.htm

- Mission
- History
- Research
- Core Members
- PowerPoint Template
- Tip Sheets
- Ideas for Activities
- Social Media Info
- FJ Logo
- SEAM Information
- Contact Information
THE JOYS OF RAISING DEAF OR HARD OF HEARING CHILDREN
Family Tip Sheet

Fostering Joy is a family/professional effort celebrating the joy of raising a child who is deaf or hard of hearing (D/HH). Fostering Joy provides resources for families and professionals to support the growth and development of a child who is D/HH.

TIPS

- Find something to be grateful for everyday.
- Carve out a few minutes each day to breathe deeply, enjoy a laugh, and snuggle closely with your child.
- See the world through your child's eyes - notice the wonder, excitement, and love!
- Share something with your child that made you smile, felt like a success, and renewed your hope.

https://www.handsandvoices.org/resources/fostering-joy/FamilyTipSheetFINAL-opt.pdf
The DHH Fostering Joy Core Team

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Joy Ambassador

• Be a part of the movement!
• Share with other professionals
• Empower families
Be a Part of the #DHHFosteringJoy Movement!

Questions?

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