

Supporting Parents of Children With Hearing Loss

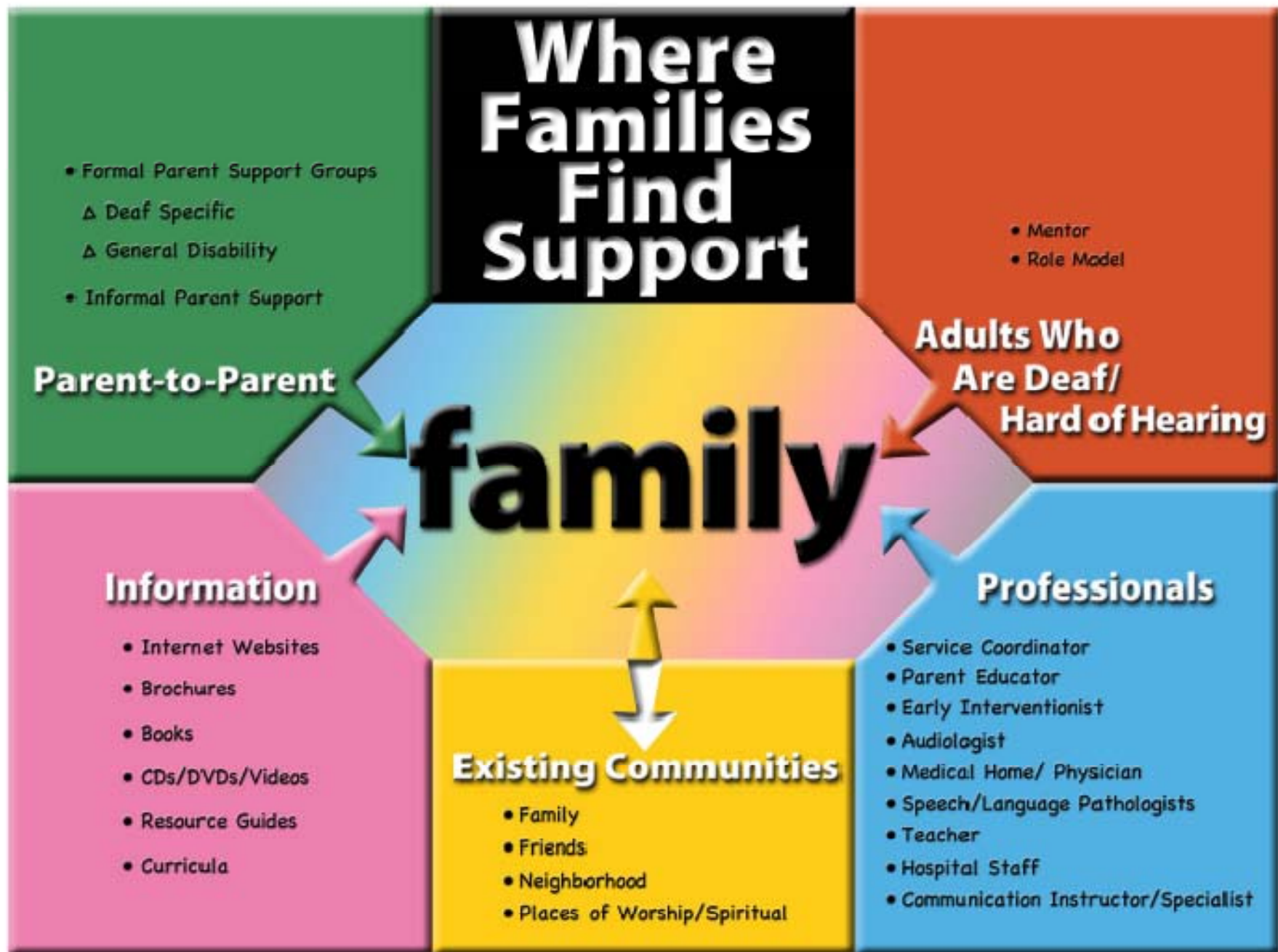
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BEGINNINGS For Parents of Children
Who Are Deaf or Hard of Hearing, Inc.



Family Support

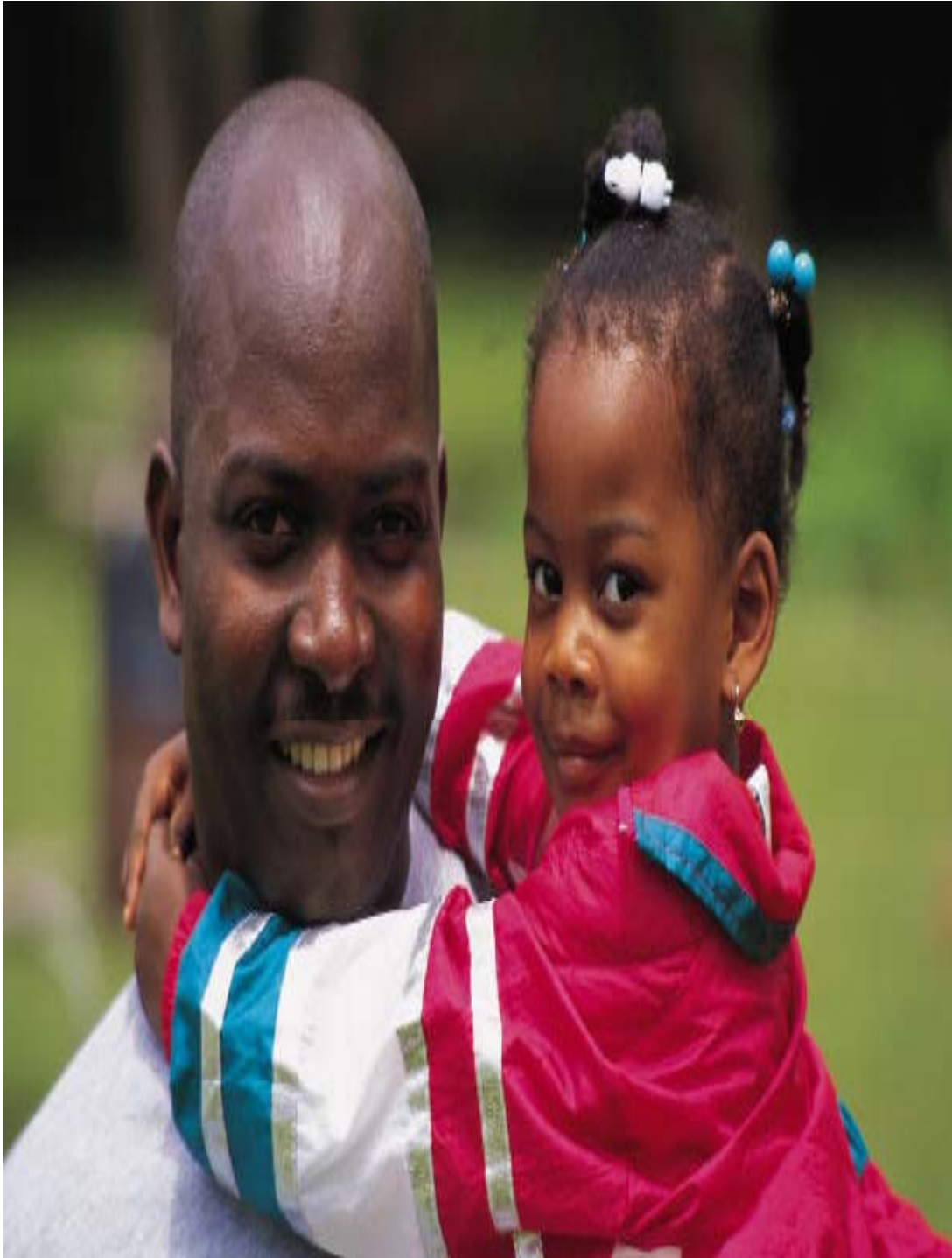




NCHAM Model of Family Support

“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)



- Information
- Explanation of hearing tests and hearing loss
- Communication options
- Resources
- Consoling
- Instruction

“Spend at least as
much time listening
as you spend
talking.”

(J. L. Yanz, 2006)

Emotional Support



The emotional response to the child's hearing loss is independent of the degree of loss.

(D. Luterman, 2006)

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.

Stages of Grief



Shock

Denial

Guilt

Anger

Anxiety

Acceptance

Constructive Action

Shock



Initial reaction
to learning of
child's hearing
loss.

Shock “Checklist”

- Do you remember what the audiologist told you?
- Have you taken constructive action to get help?
- Are you spending your time in meaningful activity?
- Have you begun to express normal emotions such as anger, fear or grief?

“I don't mean to be rude, but why are you here and who sent you?”

Denial

Denial “Checklist”

- Do you believe your child is deaf or hard of hearing?
- Are you able to discuss this?
- Are you angry with the audiologist, your child or others who may be trying to help?
- Are you seeking another opinion/diagnosis?
- Are you uncomfortable in public with your child and his/her hearing aids?

Guilt

“I know this happened because I sanded the floors while my wife was pregnant.”

Guilt Checklist

- Do you feel responsible?
- Do you linger on something that you may have done which resulted in your child being deaf or hard of hearing?
- Are you making unreasonable sacrifices to attend to your child?
- Are you pampering or overprotecting?
- Do you feel you are being punished for doing something wrong or being a bad person?

A photograph of a man and a woman sitting on a beach. The man is in the foreground, wearing a blue sweater, looking off to the side with a thoughtful expression. The woman is behind him, wearing a red sweater, also looking thoughtfully. The background is a soft-focus beach scene.


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 a pained expression, with her hand to her forehead. The woman on the right has a wide-eyed, anxious expression, also with her hand to her forehead. The text is overlaid in the center.

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?

A blue-toned image featuring a globe with several stylized human figures holding hands along its top edge. The figures are dark blue silhouettes, and their shadows are cast onto the globe's surface. The background is a light blue gradient.

Constructive Action

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 photograph of a man and a woman walking on a beach at sunset. They are holding hands and walking away from the camera. The woman is on the left, wearing a light-colored top and striped pants. The man is on the right, wearing a white t-shirt and dark pants. The background shows the ocean with waves and mountains in the distance. The sun is low on the horizon, creating a warm, golden glow. The text "Men and Women ARE Different!" is overlaid on the image in a large, black, sans-serif font. The word "ARE" is underlined.

Men and
Women
ARE
Different!

He

Visible evidence unlikely.

No expression of
feelings.

Will engage in
intellectual problem
solving.

Need for privacy &
solitude.

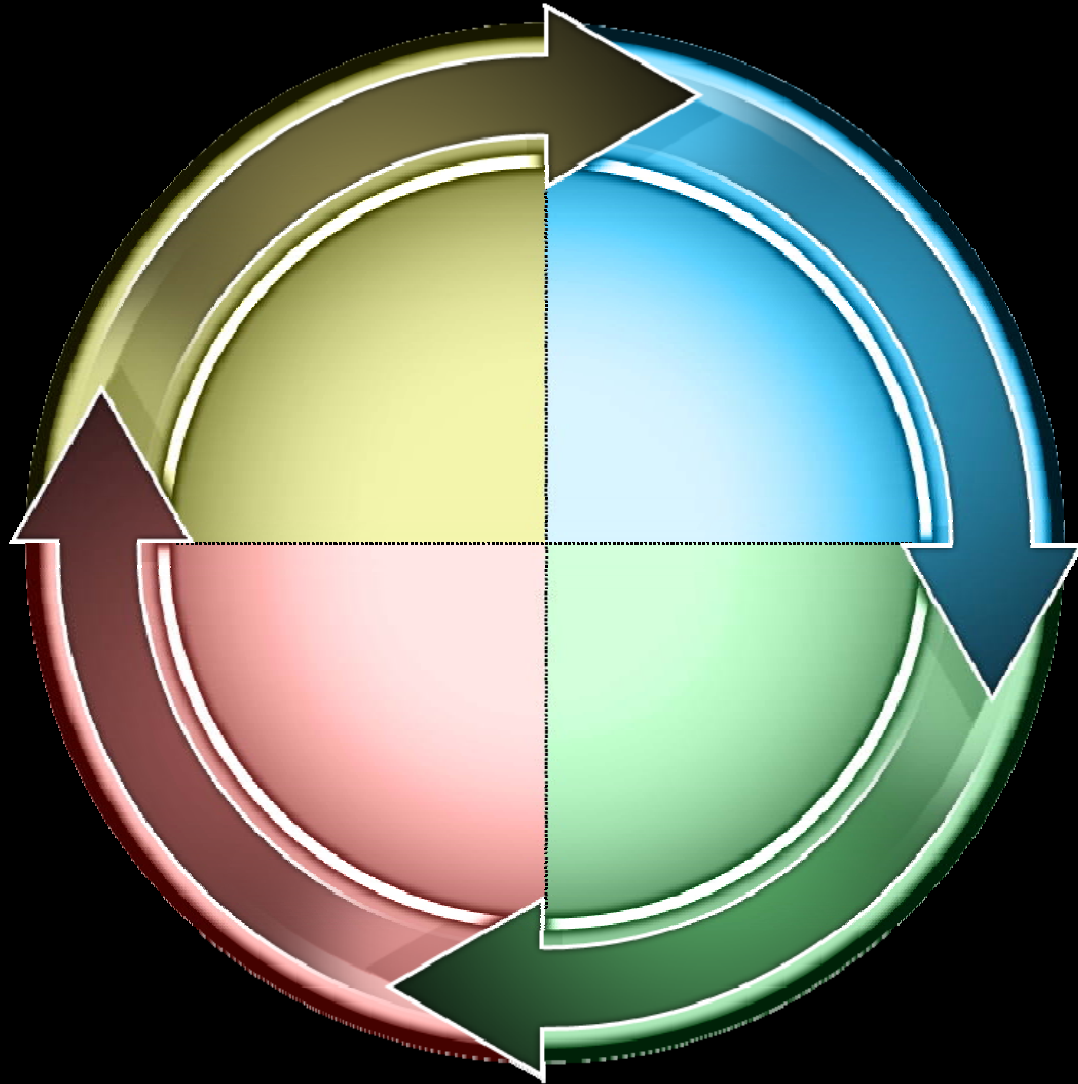
She

Tears likely.

Need to communicate.

Ongoing need for
social support.

Focus & investment in
the past.



Never-ending process

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



Communication Options

Primary Language of the Home



An illustration of a woman with red hair, wearing a green jacket over a yellow shirt, signing to a group of three children. The children are shown from behind, with one in a purple shirt, one in a green shirt with a braid, and one in a red shirt. To the left, there are two stylized, grey, cartoonish faces with large eyes and open mouths, with curved arrows indicating a cycle or flow. The background is a light blue circle.

**Spoken
Language**

vs.

Visual Language

Listening and Speaking



Gestures and Signs



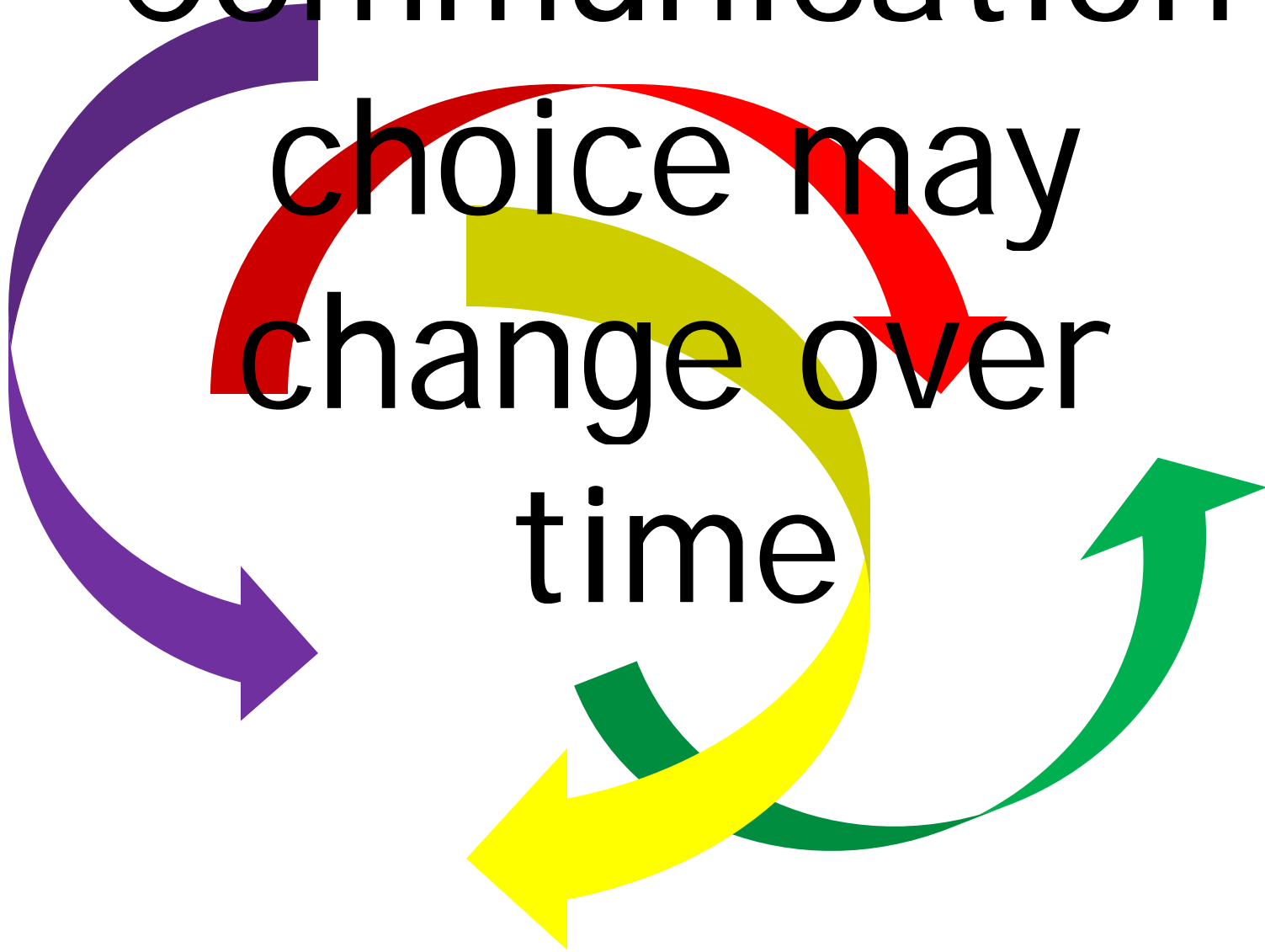
Parents need to be
aware of ALL
communication
options...even if
their child has a
mild hearing loss.

Communication

choice may

change over

time





Language
role models
are critical.

A photograph of a man and a young boy standing on a concrete pier or dock, looking out at a vast body of water under a clear sky. Both have their arms outstretched horizontally. The man is on the left, wearing a light-colored checkered shirt and dark trousers. The boy is on the right, wearing a blue t-shirt and khaki shorts. The text "Parents must establish their goals for their child." is overlaid in the center of the image.

Parents must establish their goals for their child.

Tips in Decision Making

(for Parents)

- Know what your options are for communication.
- Be certain you understand each option.
- Examine each option in person.
- Be sure you understand all test results.
- Decide how much time you have to devote to learning the methodology.

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)

Pathways to Language and Communication—DVD (2009) BEGINNINGS for Parents of Children Who Are Deaf or Hard of Hearing, Inc.

BEGINNINGS for Parents of Children Who Are Deaf or Hard of Hearing, Inc. www.ncbegin.org

The Impact of Childhood Disability: The Parent's Struggle. by Ken Moses, Ph.D. <http://www.pediatricervices.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](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.***