



THE JOYS OF RAISING DEAF OR HARD OF HEARING CHILDREN

Family Tip Sheet



HANDS &
VOICES™

TIPS

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.

Loving and supportive families provide a strong base for social and emotional health and well-being. Focusing on special moments that bring joy helps families put aside concerns and focus on their natural and loving parent-child connections.

Taking short breaks from the stresses of everyday life helps families explore and appreciate the joyful moments that come with raising their children. Here are a few tips, offered by families, for finding joy everyday - taking time to celebrate milestones, connecting with your children, and letting the lights of their love shine through.

- 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.
- Seek balance and refreshment: take a walk together in nature, do “baby yoga”, or read a fun book together.
- Connect an appointment or therapy session with a treat or adventure.
- Trust that making space to foster joy will lead to increased learning and deeper connections for you and your child.
- Document your family's journey together through pictures, video, social media, or journaling. (A few short sentences will do!)
- Take time regularly to revisit your child's and family's history and reflect on just how far you've come.
- Set aside your “to do” list and do something you love with your child - take a walk, blow bubbles, cook together, play peek-a-boo, dance.
- **Appreciate yourself and all you are doing to support and advocate for your child!**