



HELLO Lab

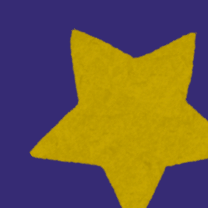
HEARING EXPERIENCE LANGUAGE LEARNING OUTCOMES

UNIVERSITY OF CONNECTICUT

Social-Emotional Support for Children who are ★ D/deaf or Hard-of- Hearing

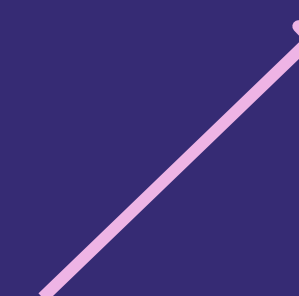


★ D/deaf or
Hard-of-
Hearing



Positive Social Relations

- Find common ways to communicate that work for your family
- Teach kids how to build strong, respectful friendships
- Practice social skills (empathy, understanding own feelings, turn-taking, self-control, cooperation, playing with others, etc.)
- Pair kids who are D/HH with a supportive buddy in new social settings
- Remember: even one good person can have a BIG impact!



Build the “Self”

- Self-**confidence**, -**advocacy**, and -**concept** are key!
- Give kids vocab to describe hearing status, devices, & accommodations
- Accept hearing loss as part of who they are
 - Consider : race, gender, heritage, hobbies, talents, social roles
- Turn to role models who are D/HH → exposure to community
 - Different in-group norms, communication, identity, peer-to-peer interactions, etc.
- Teach kids confidence by modeling it
- Role-play to build good responses to situations (safe environment + feedback)
 - How do I ask for help? How does hearing affect me? How do I ask someone to repeat themselves? What to do when hearing tech isn't working?

Resilience & Coping

- Meet & deal with stress/adversity instead of avoiding it
- Coping skills: breaths, movement, mindfulness, talk it out, positive self-talk, writing, take a break
- Adversity can happen to kids who are born “different” → build resilience early so they’re prepared
 - Teach kids that adversity is NOT personal
- Model: compassion, forgiveness, healthy coping



Empowerment

- Encourage kids to speak up for themselves
- Remember: Independence is crucial for kids with disabilities
 - Let them try to: care for hearing tech, book doctor visits, care for themselves, speak at PPT meetings
 - Include your child in medical conversations
- Self-expression = power to be yourself
 - Customize hearing tech (ear molds, HA/CI stickers), paint nails, wear jewelry, get D/HH buttons/patches
- Changing communication mode is OK – make this clear!

What parents can do:

Build a positive “inner voice” by example (affirmations, reassurance)

Open dialogue → verbal, written, or signed

Know: how hearing tech works, communication preference, type & level of hearing loss

Seek professional help if your child asks, or if they appear to be struggling with mental/emotional health

LISTEN TO YOUR CHILD!



National & Local Support:



MyDeafChild.org



EHHDI PALS



AMERICAN SOCIETY for DEAF CHILDREN



HANDS & VOICES



PARENT to PARENT USA

