



HELLO Lab

HEARING EXPERIENCE LANGUAGE LEARNING OUTCOMES

UNIVERSITY OF CONNECTICUT



Social-Emotional Support for Children who are

★ D/deaf or
Hard-of-
Hearing

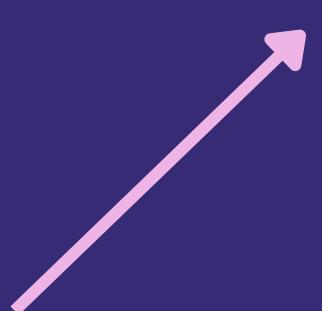
Positive Social Relations

- 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!



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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:**

a.g.bell
Association for the Deaf
& Hard of Hearing



MyDeafChild.org



EHDIPALS



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VOICES™**



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