

CONSTRUCT 3

Empowerment

Construct 3A: Competence & Confidence

Component 1: Engagement: refers to the component of parent-to-parent support that helps with a parent's ability and readiness to optimize their parental role and engage in their child's habilitation process.

Component 2: Decision-Making: refers to the component of parent-to-parent support that provides access to knowledge and resources, and the opportunity to cultivate ideas for informed choice and decision-making.

Component 3: Parenting: refers to the component of parent-to-parent support that provides practical parenting skills (e.g. teaching their child to safely cross the street), offers parenting advice to improve parent-child interactions and encourages responsive parenting to support the child's communication development in daily life.

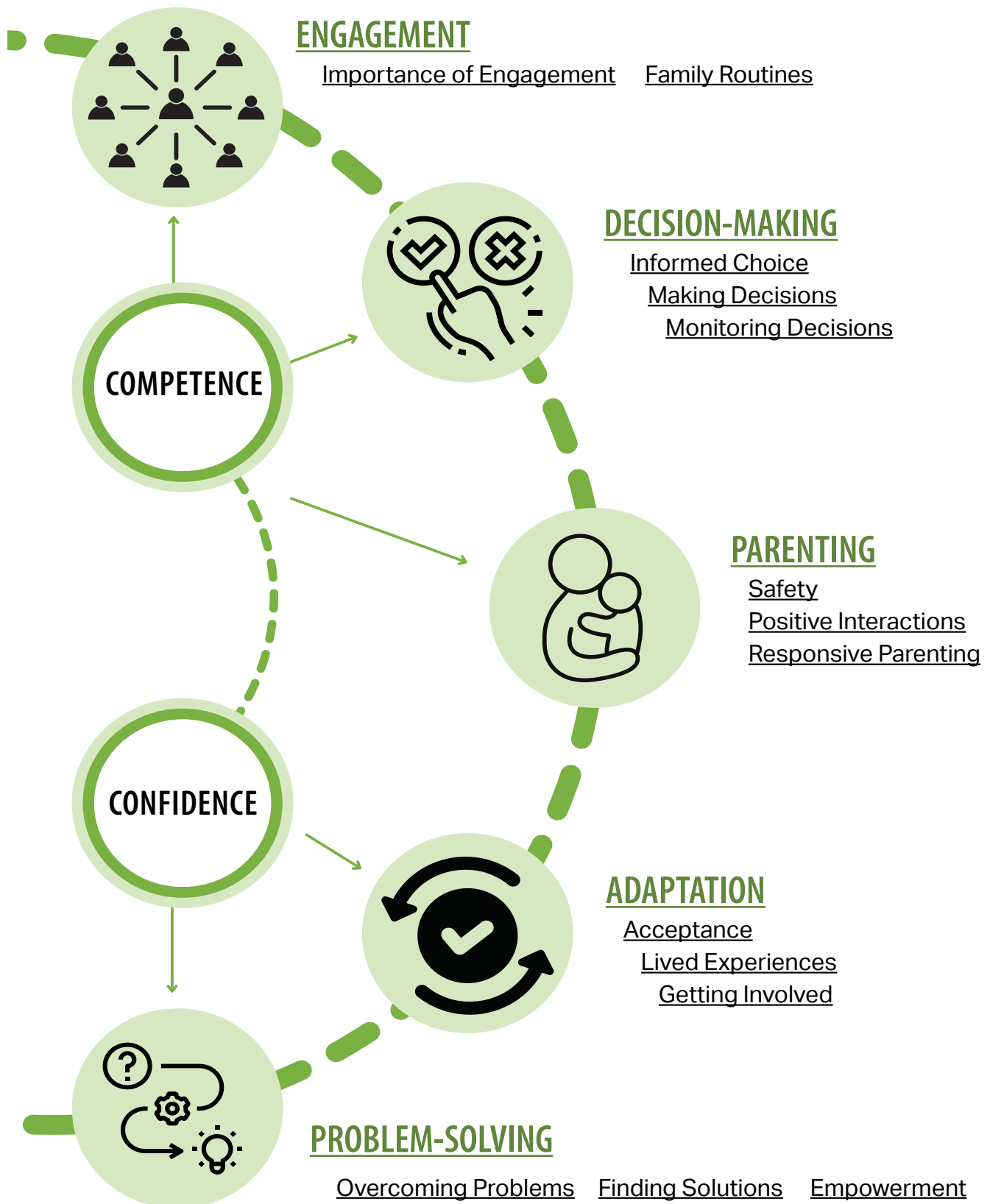
Component 4: Adaptation: describes the component of parent-to-parent support that helps with adjustment, acceptance, motivation, hopefulness, resilience, learning and optimism.

Component 5: Problem-Solving: refers to the component of parent-to-parent support that empowers parents to trust their coping abilities and acquire problem-solving skills specific to a child who is deaf or hard of hearing.

Family Learning Outcomes - In this construct parents/caregivers will:

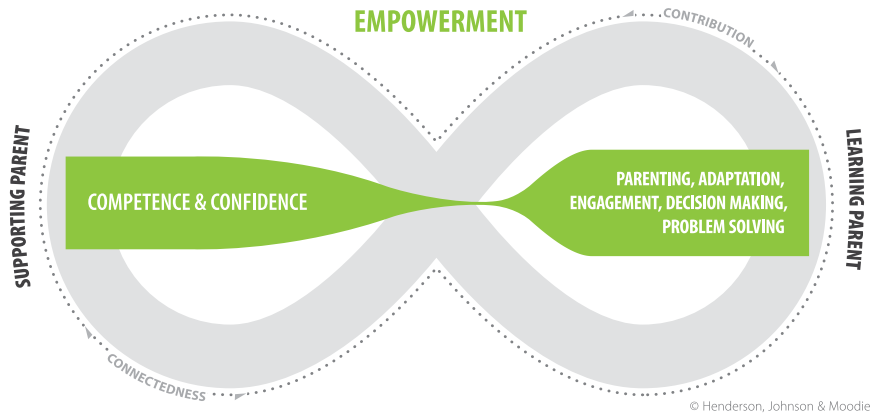
1. have less concern(s) because of connecting with a family support provider.
2. feel confident in how to use the information provided to them by the family support organization.
3. be more prepared to explain their child's needs to family and friends.
4. be able to discuss their child's needs with professionals.
5. know how to contact a family support provider.

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Family Support Activities

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Component 1 - Engagement

Refers to the component of parent-to-parent support that helps with a parent's ability and readiness to optimize their parental role and engage in their child's habilitation process.




TOPIC	FAMILY SUPPORT ACTIVITIES
Importance of Engagement	It's important for families to engage in a child's language learning and growth early on to maximize the child's development.
 Activity:	See how using a child's interests makes experiences fun and support language development. https://www.babyhearing.org/language-learning/talk-about-what-interests-your-baby <i>Also in Spanish</i>
 Activity:	Learn about the strategy of keeping it short and simple when working on early stages of language development. https://www.babyhearing.org/language-learning/keep-it-simple <i>Also in Spanish</i>
 Activity:	Watch the following videos of two Moms sharing how they engaged in their child's language learning. https://vimeo.com/497770528 https://vimeo.com/497759793
Family Routines	Incorporating a child's habilitation or "learning" into family routines can improve a child's progress while fostering parent/caregiver-child relationships.
 Activity:	Utilize the Family Activity Plan for Language, Literacy, and Social Emotional Skills to create fun, playful ways to include language learning into the child's day. https://handsandvoices.org/fl3/fl3-docs/parent-take-aways/activity-plan.pdf <i>Also in Spanish</i> Use the Language and Literacy Tips to assist you in developing a Family Activity Plan. https://handsandvoices.org/fl3/topics/tipsheets.html <i>Also in Spanish</i>

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 Activity:	Learn about how to create positive family interactions through daily routines. https://www.babyhearing.org/language-learning/daily-routines <i>Also in Spanish</i>
 Activity:	Reading is an important part of a daily routine. Use these tips sheets to help a child become a happy and confident reader. https://www.colorincolorado.org/reading-tip-sheets-parents#languages <i>Also in Arabic, Chinese, Diné (Navajo), French, Haitian Creole, Hmong, Korean, Portuguese, Russian, Spanish, Tagalog, Vietnamese.</i>

Component 2 - Decision-Making

Refers to the component of parent-to-parent support that provides access to knowledge and resources, and the opportunity to cultivate ideas for informed choice and decision-making.


TOPIC	FAMILY SUPPORT ACTIVITIES
Informed Choice	Understanding what informed choice means can guide a family's knowledge to confidently make decisions.
 Activity:	Learn more about the parent/caregiver role in decision making for a child who is D/HH. https://handsandvoices.org/comcon/articles/comchoices_decisionmaking.htm
Activity:	Read "A Parent's Right to Choose" an article written by a parent sharing her experience. https://www.hv-library.com/family-perspective/a-parents-right-to-choose/
 Activity:	Watch the video from the Maine Educational Center for the Deaf and Hard of Hearing "Exploring Language and Communications Opportunities" (ELCO) process. https://www.youtube.com/watch?v=wEm_-Mjm0nM&t=55s <i>In English and ASL</i>
Making Decisions	Using informed choice through tools, trainings and/or a pros/cons list can help guide families to a decision that works for them.
 Activity:	Utilize tools like the CDC Decision Making Guide when considering communication choices for the child who is D/HH. The steps outlined in this tool could also apply to decision making for other needs. https://www.cdc.gov/hearing-loss-children/media/pdfs/commdecisionguide3508.pdf <i>Also in Spanish</i>

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Activity:	See the six steps to decision making from babyhearing.org. https://www.babyhearing.org/parenting/decision-modifications <i>Also in Spanish</i>
Monitoring Decisions	Monitoring the child's progress over time leads to understanding if the decisions that have been made are working for the child and if not, the family can change their decisions.
Activity:	Read more about understanding that progress takes time for children who are D/HH and the importance of celebrating accomplishments as they come. https://www.babyhearing.org/parenting/delight-in-the-little-things <i>Also in Spanish</i> https://www.hv-library.com/family-perspective-0-3/seeing-the-gifts-first/
 Activity:	Review these comprehensive lists of language assessments that can be used to monitor progress and identify gaps in the child's language development. https://www.in.gov/health/files/IDEAL%20Tools%20and%20Assessments%20List.pdf https://www.handsandvoices.org/astra/docs/09-common%20assessments.pdf

Component 3 - Parenting

Refers to the component of parent-to-parent support that provides practical parenting skills (e.g. teaching their child to safely cross the street), offers parenting advice to improve parent-child interactions and encourages responsive parenting to support the child's communication development in daily life.

TOPIC	FAMILY SUPPORT ACTIVITIES
Safety	Getting tips and help for raising a child who is D/HH and keeping them safe can give families ideas to avoid issues and make it easier to handle difficult times.
Activity:	Watch the short video that is an introduction to the Hands & Voices O.U.R. (Observe, Understand & Respond) Children's Safety Project and the Parent Safety Tool Kit. https://vimeo.com/492281992 Review the O.U.R. Project Parent Safety Toolkit https://www.handsandvoices.org/pdf/OUR-Toolkit.pdf
 Activity:	Choose books or videos that emphasize safety to watch or read to/with the child who is D/HH. https://www.handsandvoices.org/resources/pubs/OURChildrenVookClubSept2021.pdf

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Activity:	Learn about Kidpower International's "7 Strategies for Keeping Your Child Safe". https://www.kidpower.org/library/article/7-kidpower-strategies-for-keeping-your-child-safe/ Also in Spanish
Positive Interactions	Learning about activities and getting tips from other families who have children who are D/HH can help promote positive parent/caregiver-child interactions.
Activity:	Read this resource to learn positive parenting tips at different ages. https://www.cdc.gov/child-development/positive-parenting-tips/ Also in Spanish
 Activity:	Learn more about providing choices to the child as a parenting tool to promote positive behavior while helping the child gain independence and confidence. https://www.babyhearing.org/parenting/positive-attention Also in Spanish https://www.babyhearing.org/parenting/helping-child-make-choices Also in Spanish
Activity:	Gain tips on how to use praise effectively to promote positive actions and behaviors. https://www.babyhearing.org/parenting/using-praise-effectively Also in Spanish
Responsive Parenting	Responding to a child's needs with effective communication methods helps create positive interactions between families and children.
Activity:	Capture your thoughts in the Hands & Voices Fostering Joy Journal which helps families tend to the child's positive emotional development as well as the family's own well-being. https://www.handsandvoices.org/resources/fostering-joy/journal.html Also in Spanish
 Activity:	Discover tips on taking turns in conversations to help the family create positive interactions and build language skills for the child. https://www.babyhearing.org/language-learning/participating-in-family-communication Also in Spanish
 Activity:	Learn tips on how to positively interact with a child who is D/HH even if the communication is not always clear or understandable. https://www.babyhearing.org/language-learning/affirm-to-support-turns Also in Spanish

Component 4 - Adaptation

Describes the component of parent-to-parent support that helps with adjustment, acceptance, motivation, hopefulness, resilience, learning and optimism.

TOPIC	FAMILY SUPPORT ACTIVITIES
Acceptance	A family may need time to adapt and accept the news about a child's hearing status. Learning and receiving support from others can lead to acceptance.
Activity:	Watch the video "My Wish" from Hands & Voices, where parents and caregivers from all over the country sent in pictures of their children who are D/HH. The smiles on their faces show the happiness and potential in these children's lives. https://vimeo.com/637557516
Activity:	Use this list to find mental health organizations to help families manage the emotions and feelings that they may experience after learning about their child's hearing status and healthcare needs. https://arc.mhanational.org/find-affiliate
Activity:	Learn from other families who share about when they knew they accepted their child's diagnosis. https://www.hv-library.com/social-emotional/the-journey-of-acceptance/
Lived Experiences	Learning from the different experiences and opinions of Deaf and Hard of Hearing adults and parents of children who are D/HH can help families feel positive and hopeful for the child's future.
Activity:	View videos and read stories shared from students and adults who are D/HH. https://www.handsandvoices.org/resources/D/HH_adults.html Some in English and some in ASL https://www.handsandvoices.org/fl3/topics/D/HH-involvement/resources.html Some in English, Cued English, and ASL
Activity:	Watch this inspiring story of one parent sharing her experience in choosing deafness. https://vimeo.com/620077166
Activity:	Explore what questions a family may want to ask an adult who is D/HH. https://www.hv-library.com/in-a-perfect-world/still-relevant-after-all-these-years/

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Getting Involved	Often families are inspired to share their experiences and knowledge with others after finding confidence and hope parenting a child who is D/HH.
Activity:	Connect with Hands & Voices to get involved. https://handsandvoices.org/chapters/starts.htm *Not a chapter where you are located, no worries, review this list of family organizations. https://www.handsandvoices.org/fl3/topics/fam-fam-support/need-support.html
Activity:	View this video from two parent leaders from different backgrounds as they share their involvement in organizations that serve children who are D/HH. https://vimeo.com/740810377
Activity:	Learn more about family engagement from ECTAC, the Early Childhood Technical Assistance Center. http://ectacenter.org/topics/familyeng/familyeng.asp

Component 5 - Problem-Solving

Refers to the component of parent-to-parent support that empowers parents to trust their coping abilities and acquire problem-solving skills specific to a child who is deaf or hard of hearing.

TOPIC	FAMILY SUPPORT ACTIVITIES
Overcoming Problems	Looking back on past challenges can help a family have confidence in their ability to handle difficult times in the future.
Activity:	Hear from other parents about the importance of understanding what being D/HH really means and how that understanding leads to a healthy adjustment and coping. https://www.babyhearing.org/parenting/coping-strategies-for-parents <i>Also in Spanish</i>
Activity:	Read this article to learn how positive problem solving can create happier, healthier, and stronger family relationships. https://www.linkedin.com/pulse/problem-solving-skills-strengthen-relationships-terry

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Finding Solutions	Families can find solutions by understanding the steps to solve problems and by talking to others.
Activity:	Gather advice from other families on parenting a child who is D/HH. https://www.babyhearing.org/parenting/important-decisions-family-will-make <i>Also in Spanish</i>
Activity:	Learn the steps to effectively problem solve by reading this article. https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/350/350-091/350-091_pdf.pdf
Activity:	Read about collaborative problem solving which builds skills within children to help them navigate challenging situations. https://thinkkids.org/cps-overview/
Empowerment	A feeling of strength and confidence comes from solving challenging situations and understanding what led to the solution.
Activity:	Read advice from other families about decision making for learning what works for a child who is D/HH. https://www.babyhearing.org/parenting/what-if-we-make-the-wrong-decision <i>Also in Spanish</i> https://www.babyhearing.org/parenting/when-others-disagree-with-your-decisions <i>Also in Spanish</i>
Activity:	Read reflections from parents in the Hands & Voices “The Empowered Parent” book. https://handsandvoices.org/resources/products.htm
Activity:	Watch this uplifting video where a mother shares her inspiring story of love and leadership. https://vimeo.com/620077166

