

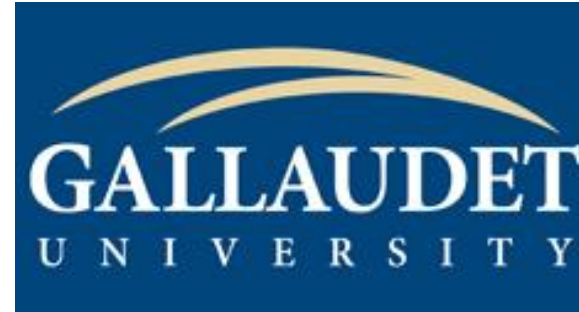


Fostering JOY in Families with Children who are Deaf or Hard of Hearing

Rocky Mountain Deaf School * Family Education Program * Jan 8, 2021



Harvard
Medical School



The Children's Center
for Communication
Beverly School for the Deaf



Boston
Children's
Hospital

Institute for Community Inclusion
LEND Program

Amy Szarkowski, PhD

Fostering Joy



What_does_JOY_mean_to_you_

What is JOY?

- The emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires : delight.
- The expression or exhibition of such emotion : gaiety.
- A state of happiness or felicity : bliss.



Naming the Elephant

Our context is a little different now



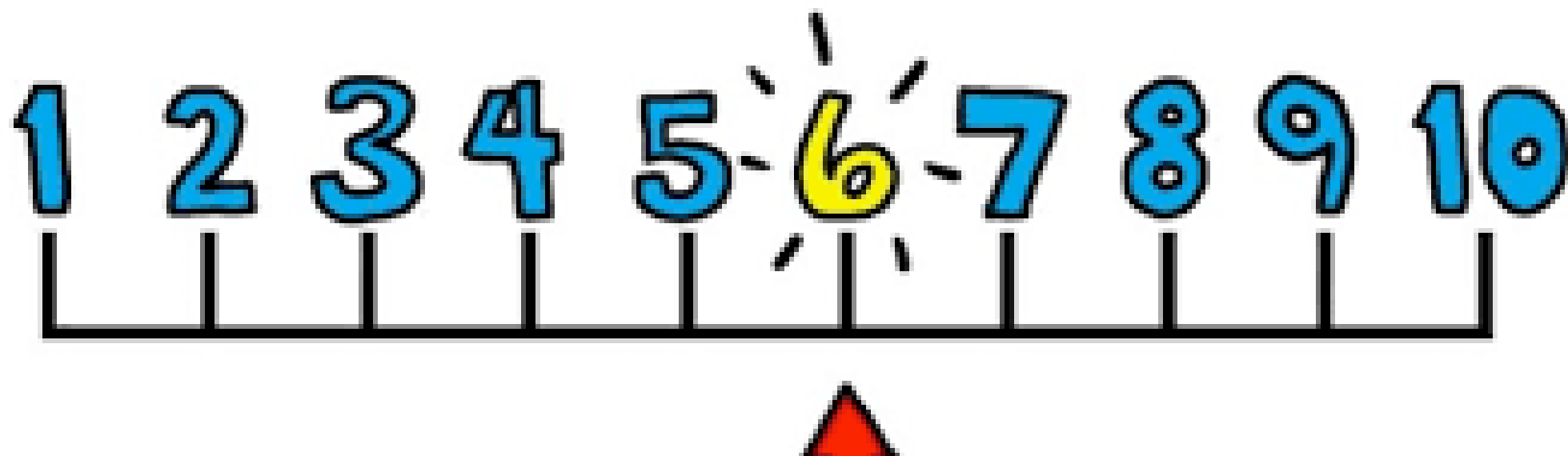
“Too busy to enjoy my child”

Even before COVID, home schooling, working from home, feeding people 5 times/day...

We Want to
Change the
Conversation
from Challenges
and Mitigation
to Fostering Joy!



ON A SCALE OF ONE TO TEN...



It is not exactly like this



But isn't "positivity" just wishful thinking?

- Positivity feels good
- Positivity changes how the mind works
- Positivity transforms your future
- Positivity puts the brakes on negativity



Positivity Feels Good

- gratitude, hope, inspiration, awe, serenity, interest, pride, amusement... and joy!


Positivity Changes How Your Mind Works

- Think creatively
- See different opportunities
- Challenge the “broken record” of “not enough”
- Connect with others, perceive as allies



HAPPINESS
IS A MOOD.
POSITIVITY
IS A MINDSET.

@POSITIVELYPRESENT

A photograph of a sunset over the ocean. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple. A faint rainbow is visible in the upper left portion of the sky. The ocean is dark, and a small wave with white foam is breaking in the foreground. In the distance, a small island or headland is visible on the horizon.

*Better things
are coming!*

Positivity Transforms Your Future

- Brings out the best in you
- Builds up your resources
- Allows you to be more mindful in current circumstances
- Contributes to resilience

A person is shown from the waist down, sitting in a meditative lotus position on a white mat in a grassy field. They are wearing a light pink t-shirt and red shorts. Their hands are resting on their knees in a mudra. The background is a soft-focus landscape with trees and a bright, low sun creating a warm, golden glow. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and bullet points.

Positivity Puts the Brakes on Negativity

- First, the “positive shift”
- Then, basking in the positivity



Thinking Makes it
So

- What is right about my current circumstances?
- What makes me lucky to be here?
- What aspect of my situation can I view as a gift?

Recognizing Joy When It Emerges



Even when
circumstances
are out of our
control

“We can choose

joy

even in the midst
of the unexpected”



Attitude of Gratitude

- The Seven Ways that an Attitude of Gratitude Impacts Your Functioning
- Sonja Lyubomirsky: The How of Happiness



Gratitude

Promotes “savoring of positive experiences”



Bolsters self-
worth and
self-esteem

Helps to cope
with stress
and trauma

**THE BIGGEST OBSTACLE YOU'LL
EVER HAVE TO OVERCOME IS
YOUR MIND. IF YOU CAN
OVERCOME THAT, YOU CAN
OVERCOME ANYTHING.**

Positivity
note



KINDNESS MATTERS.

When you see things differently,
you do things differently.



Encourages moral behavior



Builds and
strengthens
social bonds
("upward spiral
of friendship")



Inhibits
comparisons
with others



Live Where the Joy Lives



Awe



Creating Positive Experiences

- Be aware of your body
- Soften and open
- Consider a 'good fact'
- Be kind to yourself
- Share the good



Fostering Joy Home Page

www.handsandvoices.org/resources/fostering-joy.htm

Mission

History

Research

Core
Members

PowerPoint
Template

Tip Sheets

Ideas for
Activities

Social
Media Info

FJ Logo

SEAM
Information

Contact
Information



THE JOYS OF RAISING DEAF OR HARD OF HEARING CHILDREN

Family Tip Sheet



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.

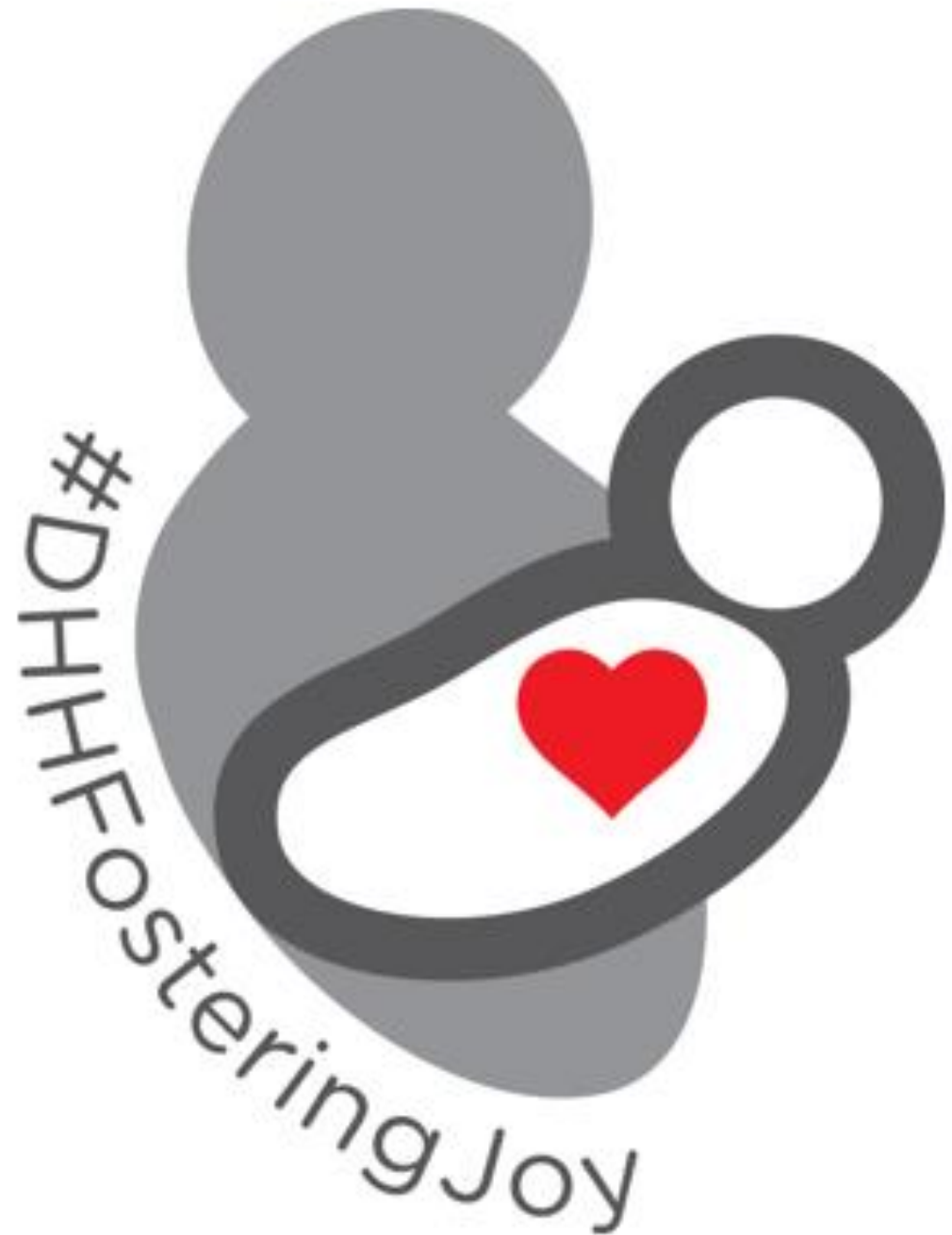
- Find something to be grateful for everyday.
- Carve out a few minutes each day to breathe deeply, enjoy a laugh, and snuggle closely with your child.
- See the world through your child's eyes - notice the wonder, excitement, and love!
- Share something with your child that made you smile, felt like a success, and renewed your hope.

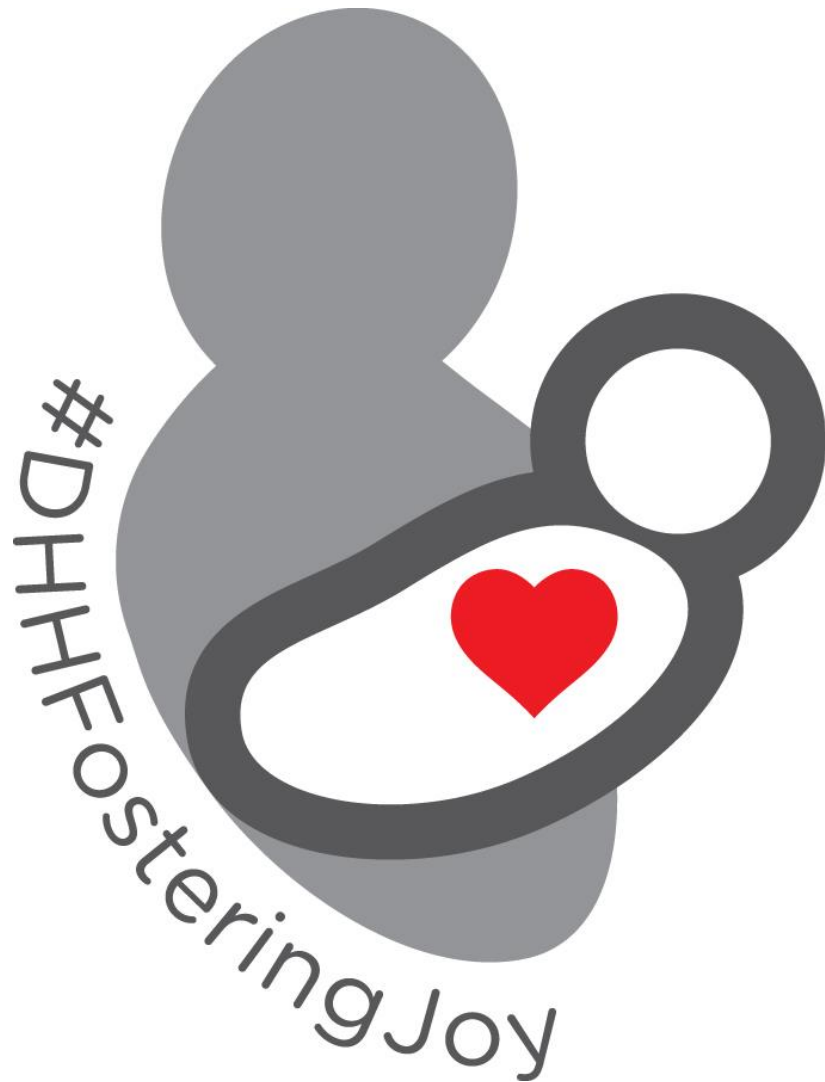
The DHH Fostering Joy Core Team

- **Amy Szarkowski**, *Psychologist*, LEND, Boston Children's Hospital; Harvard Medical School; Children's Center for Communication/Beverly School for the Deaf
- **Candace Lindow-Davies**, *Director of Outreach*, Hands & Voices HQ
- **Jennifer Clark**, *Early Intervention Deaf and Hard-of-Hearing Specialist*, Hawaii Department of Health Early Intervention
- **Janet DesGeorges**, *Executive Director*, Hands & Voices HQ
- **Marilyn Sass-Lehrer**, *Professor Emerita*, Gallaudet University
- **Sarah Honigfeld**, *Parent Infant Program Director*, The Learning Center for the Deaf
- **Nicole Hutchinson**, *Parent-Infant Program Coordinator*, The River School, Washington DC
- **Past Member: Linda Lytle**, *Professor, Department of Counseling*, Gallaudet University

Joy Ambassador

- Be a part of the movement!
- Share with other professionals
- Empower families





Be a Part of the #DHHFosteringJoy Movement!

Questions?

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