

Get Kids Talking About Their Hearing Loss

Kids with hearing loss often don't know how to ask for help. They're busy being kids! The goal of this activity is to find areas of focus for your child's journey adapting to their hearing loss. It's a nice way to spend some quality time together. You'll also learn valuable information to share with your child's teachers, pediatrician, audiologist and other supportive adults in their lives.

You and your child will separately answer five questions, then discuss your child's answers together. (Sharing your answers is encouraged, but optional.)



What You Need

- 20 minutes in your day when your child is relaxed. Good options include mealtimes, a car ride and right after your child is ready for bed.
- An open mind
- Something to take notes with

Keep it Positive

Children can respond strongly to your body language and tone. Stay calm as your child shares their answers with you. No matter how you feel about what they say, always guide the conversation in a positive direction. Do this by incorporating praise, gratitude or follow-up questions into your responses. Use phrases like:

- "Your answers matter to me. I would like to give that one more thought. Let me take some time and get back to you."
- "Sharing that was very brave. We will find a way to address it."
- "Thank you for sharing that. Would you tell me more about why you feel that way?"



Things to DO

Keep your responses simple
Encourage more sharing
Focus on support instead of immediate solutions



Things to AVOID

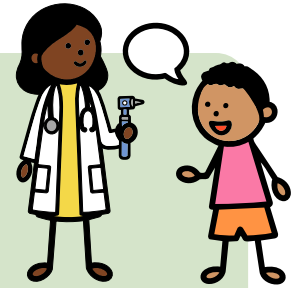
Inviting comparisons to other children or families
Dismissing your child's answers
Sounding alarmed

Your child is working through a lot of complex feelings and circumstances. They may not know how to express themselves clearly. Keep them talking and let them know that there are no right or wrong answers. The goal is to make them feel supported for being honest.

For Kids: Five Questions About You

It's normal to have lots of feelings about hearing loss. You might feel curious, worried or even relieved. All of those feelings are okay. In fact, they can help you learn more about yourself.

Think about the questions below and write your answers in the space under each question. When you're ready, share the answers with a grownup.



1. What makes you feel happy?

2. What makes you proud?

3. What makes you feel strong?

4. Is there something that makes you worry?

5. What is the biggest feeling you have about your hearing?

Five Questions About Your Child

It's normal to have lots of feelings about your child's hearing loss. You might feel curious, worried or even relieved. All of those feelings are okay. In fact, they can help you learn more about yourself and your child.

Prepare thoughtful answers for the questions below and write them in the space provided. Sharing them with your child is encouraged but not required. You should, however, share your answers with other adults in your child's life, such as family members, teachers and health care professionals. Doing so will let your child's goals and feelings shape the support they receive.



1. What makes you feel happy about your child?

2. What makes you proud of your child?

3. What is one of your child's strengths?

4. Is there something that makes you worry about your child?

5. What is the biggest feeling you have about your child's hearing loss?