>> All right, we're going to get moving ahead and there's such short amount of time and a lot we want to tell you. I want to introduce myself. I'm Candace and I'm the director and outreach for Hands & Voices in the FL3 center and I'm also a parent of an adult young man, who is deaf, plus other health challenges, deaf + we call him in our world. And I'm core member of fostering joy teams. You're going to hear about fostering joy today and I'm the lead for Hands & Voices arm of the fostering arm project so, if you have not filled out a paper for our free drawing, we have a free drawing for one of our fostering joy journals. They're journal for kids. But you'll be learning more about that in just a minute.

This is our crazy crew of presenters. I hope you can see that up on the slide. Mine are the craziest ones down in the waterfall down there and they're my crew. And everyone is going to introduce themselves. We changed up a topic teeny bit from your schedule. You're here for fostering joy part 1 and 2 but that was our much longer presentation. So come to our presentation another day when but for now we're going to give you practical steps for you to apply.

But I wanted to give you little bit of background on the foster and joy project and how it's designed. It is a collaborative project. It was built on the foundation and the belief that we want to help families celebrate their child who's deaf and hard-of-hearing. And living proof of doing that. My son brings us joy on a daily basis. In fact, he's probably texting me right now. But with respect for all the families and providers have to do in order to mitigate some of the challenges we face, we want to honor and recognize, and we are not going to sit here and say that fostering joy is not without fully acknowledging that. It is almost predicated on the understanding that there are barriers and challenges.

And in defiance of that, we want to invite everyone to join us in this desire to encourage families to foster that joy, that connection with their child, and cherish that relationship with them as much as I know I do. We have two arms of fostering joy project, the Hands & Voices organization is the host for the family arm, like I mentioned. So kind of that directing resources towards families. And then we're so proud to have the institute via Amykowski hosting the professional arms, helping families again foster joy. But also have professionals find enjoyment in the process of doing that work. Which is amazing and we're so grateful those of us that have children in the trenches.

We believe this is a movement. We believe you have come here today, because you want to join our movement, so we encourage you to do that. You, too, can become a joy ambassador, so stay tune for more. Just a quick couple of words about the word "joy" because sometimes this gets misunderstood. We have a new motto, guys. And you're the first to hear it. Fostering joy, cherishing intentional moment of daily magic and connection.

And I want you to think about those words because they were chosen very carefully.

Fostering. We know that parents already have joy for their child. But it can sometimes get lost in the hustle and bustle, and with the childlike mine, who have many things going on, many worries, I can attest to the fact, yeah, I lost that joy initially.

Joy. Joy is not happiness. I want to make that distinction. Joy is not predicated on what's happening around you. It's not a Pollyanna view of the world. It's not something that only certain people can have. Joy are the small victories, the moments of precious connection, the celebration of what they innately have, what they innately bring.

Cherishing means savoring. And.

Intentionality, that's the kicker, training our brain of ours to make a habit, to make a daily consistent happen of looking for and wiring our brains to look for event more joy in the process.

And daily, we don't wait for it. It's not a destination. It's not only when certain milestones are met. It is right now. It's in the thick of the fight and the struggle. It is today.

And then connection. That joy, that precious child, that if you're a parent, what is that. Ughhhh! It's that. That feeling of indescribable connection.

And now I'm going to hand it over to Dr. Ray, because he's going to talk about the family perspective.

>> Thank you. Good morning. I think it's still morning. Good morning, everyone. I'm Dr. Ray Sean Davis. And I'm from Delaware. And just like you, I sat in a room 3 years ago for the first time at EHDI for fostering joy presentation. And now I am a joy ambassador. And so I want to ask a hypothetical question. What is a joy Ambassador? I want you to do me a favor. Not only what is it? But who can be a joy Ambassador? Inhale real quick. Exhale. Inhale again. And then exhale.

So you've qualified to be a joy Ambassador. [Laughter] And so if you are in this room, you can be a joy Ambassador. So more specifically, anyone who focuses on the joy and the gifts that our children are and children that we serve. That's anyone who focuses on that joy and gift. Anyone who nurtures the bond between parent, caregiver, and child. Anyone who encourages the innate strength of parents, practices daily gratitude, and implements fostering joy principles and who seeks out opportunities to share their joy with others through storytelling, sharing and experiences.

I'm going to get more specific right now. And so in the couple of minutes I have, how can you apply fostering joy? One thing that I've been able to do is reframe in the skill of reframing. The skill of reframing is able to -- and Candace mentioned earlier about the realities, right? We're all facing the realities of parenting or serving children that are deaf and hard-of-hearing, deaf +. And so the reality is the reality. But reframing that situation, reframing what we have to deal with is the ability to find joy and foster joy in what we do. And so looking at it as not a disaster, but an opportunity to train and raise a child to be resilient, to be overcomers, to be able to face anything and still come out positive and successful.

I'm looking at it as not an embarrassment, but able to be expose others, and able to teach others about what we go through on a daily basis. So first thing I do and encourage is deliberately schedule time with your child. Not time where they're on their devices and we're on ours. Or things we have to do. But deliberately schedule time where it's just you and them as parents. And so I have a picture here. So that's me couple of summers ago. My daughter is a risk-taker. I didn't tell you about her. She's a 10-year-old. She has conductive hearing loss and wears behind the ear hearing aids. But she likes to do it all. She sees it and wants to do it. So we were in Orlando Florida, and she wanted to do the slingshot. That was my opportunity to deliberately do something. So the first picture is about us to be put in the air. And the second picture is after we are about 300 feet in the air at probably 80 to 100 miles per hour. But deliberately scheduling it. So we think about that. Often, we watch the video and then we document frequently.

So my mom, she always says, before you put it on social media or Facebook, Instagram, please ask me, because if we do it, if we capture it, we're deliberately and frequently putting it up on social media and being able to see it over the years to see if it pops up in our memories and reflect how far we've come. Facebook comes, and say 10 years ago, we watch a video when she was 2 or 3 years old and she was ununtin sellable and she couldn't hear the sound and we could see now, how far she's come over the last 10 years. And we can capture the joy and the journey.

And so those are some ways as families, we can apply the fostering joy theme and model, and method.

>> So my name is Beth. And much like Ray, I'm also a parent of children who have hearing loss. Unlike Ray, when I started out my journey, I did not find much joy. I had 3 kids, and my kids were diagnosed on the same day. I did not have anybody to model this joy for me. I did not have anybody to work this through with me until we got further in our journey and we were able to get some family-to-family support.

Now, I'm the Executive Director of Nevada Hands & Voices and I have the honor of being able to work with my chapter to really embed this joy in the work that the parent guides and our chapter is doing for these kids so, I wanted to talk about today some ways that family-to-family support organizations can embed this joy in the work that we're doing. One of the ways we do it in our chapter and a lot of other chapters do as well is when we first meet those families, we know there's a lot of checklist. We know as providers, there's a lot of things we need to be making sure we're getting done to meet our funders, goals, and to meet our own goals.

Sometimes we just need to step back and focus on that joy of congratulations, you had a baby. Not have you connected with your provider or discussed your communication options? Or has your device options gone over with you?

One of the ways we do this, and I have a parent guide in our room that works really well with this is couple of years ago, we were sitting in an EHDI conference and the idea of partnering with the company project Linus that gives out free baby blankets. It was an idea we hadn't thought of. So when we meet with families now, we go bring them a gift and just say, congratulations. Let's focus on the joy of this baby. That has gone a long way with our families. We noticed a lot. And we had feedback given that parents would not meet with us, and we called, and called, and called, and then we said we have a gift for you. Or can we drop something off at your doorstep?

10 minutes later after this dropping off this blanket and congratulating them, we had a call saying, can we schedule a meeting? So using that bridge of joy and focusing on the family and that baby and bond really went far with us. We know some freams not ready to do those direct services yet, so that passive information with being able to model some things online is where a lot of families are right now.

We'll talk about it a little bit later in our resources. But we have a fostering joy Facebook page just for families. And we're able to post a lot of things on here that reach a lot more families that we typically wouldn't be able to. This is an example of a gratitude activity of just putting Post-its notes on doors to find out what you and your kids and family are grateful for. It was a prompt we put out there. We had so many responses from families.

This picture was something that a parent had posted of how they used it with their child, and how they kept doing it and they did it throughout the whole month. That's what's going to help bond those families together and being able to provide that support. You could do it an aye within your own chapter, I know a lot of chapters are private Facebook groups just for families, but modeling this constantly and having the families share their own stories goes a long way. When we plan events, we want to be mindful how we can embed joy within those. I know Tennessee Hands & Voices, had a family night in. And this was an event in our event in Nevada where we had kids and families be able to sign what brings them joy as they're waiting in line to see Santa.

That connected families that we didn't expect. Somebody wrote, you know, my dog brings me joy. And another family was able to say, oh, you have a dog? We have a dog and all of sudden these families were bonding and making these connections that otherwise, we would be sitting in silence with bunch of strangers waiting to see Santa together. So being intentional with the opportunities can really create those bonds through that family-to-family support.

And then next up, we're going to talk about the Deaf and Hard-of-Hearing adult role models and how they can provide that support.

>> Thank you, Beth. Hi, everybody. My name is Haydee. And I'm a Deaf adult. I am also Minnesota Hands & Voices DHH coordinator and I over see group of hard-of-hearing and Deafblind adults. And my goal is to visit families and provide support and share our experiences as we grow up being deaf and hard-of-hearing. So that action of going and visiting with families and sharing our experience, there's, obviously, experiences of having roadblocks. We encounter roadblocks when, you know, access, communication, no interpreters,, et cetera.

But at that same moment, you're also sharing joys. So we share about the little joys. We share about the big joys. Sometimes joys you don't think about. Looking out the window and watching the birds, the flowers. I find joy watching my daughter, just watching her. She's going to be 1, so she's very cute. That's just one of the ways you can foster joy as a DHH role model or DHH guide or mentor. Another way that we can foster joy is with the fostering joy journey and we have it in English. And we have it in Spanish. By the way, I'm from Puerto Rico, so I speak Spanish too. And a lot of people ask me the following question is why did you move to Minnesota? I'm still trying to figure that one out. [Laughter] But we're there, and I'm happy to be there, because Minnesota is where I had the opportunity to find other deaf and hard-of-hearing adults, other role models.

And so with this fostering joy journal, they're able to jot down their joy with their role model, or parents and one time I was visiting a family. Mom and dad were sitting at the table. They had a deaf and hard-of-hearing child. And the mom started to cry. And the first thing you think is, well, they're overwhelmed. A lot of things are going on. A lot of information. A lot of resources. But what she said is is my child going to be happy? That made me think. Did my mom ever know? Did my dad ever know if I was happy? What brought me joy? So this is a fantastic way to hold those joys to foster joy.

Third way, and final for today, since we have little bit of time, we have this list of 10 superpowers. In our eyes, our DHH children and Deafblind children are all superheroes. But we just have to remind them. So another way of fostering joy is reminding them/they have all these superpowers. What we do is we connect our experiences with those superpowers. For example, we have, we focused on the third. If a child ever tells us that they asked their teacher, raised their hand and asked their teacher can I move to the front because I can't hear you. They self advocated. That's a super-power, so they collect cards at events and at visits. And this fosters joy. Have you ever told your child they're super heroes and they have powers? This is another way to foster joy. And then we become joy ambassadors. So thank you for your time.

>> Thanks so much. And my name is Amy Sarkowski. I'm a psychologist and I'm the representative for core team for fostering joy and leading the professional arms sponsored by the institute. I am just the only professional who happens to be up here, but I'm representing other professional perspectives in some of the slides today. So these come from Jennifer Clark who is an early interventionist and Teacher of the Deaf by training. And I'm going to present a few slides that offer ideas and suggestions for professionals.

So if you find yourself in this category of professionals, some strategies you might consider including are adding the word "joy" to your vernacular. I think sometimes professionals forget about the power of the terms they choose to use and the impact that the words and signs we use can have on families. When we reframe and ask, "is your child doing this yet"? Because we're looking for some kind of development. That's a different experience for families than, "tell me what brought you joy about watching your child since our last visit"?

Another strategy might be collecting data through a fostering joy lens. You might be an EI provider who has to collect particular times of data. How can you frame that to let families know, each time I meet with you at our follow-up, I'm going to ask you joy-related questions. Science supports when we ask questions that way and families anticipate it knows it's coming, they look for moments to report to us. It shapes the way families are seeking and attending to their own joys by the questions we ask.

Create joy related IFSP and IEP goals. We are hoping to host a workshop around how to really do that with Jennifer taking the lead on that. We can build it into the programming that we offer making an impact on families. Another person who served on our joy team is Stephanie Olson. She is one of the smiley faces in these pictures. She brings joy to just about anybody she encounters. She is a deaf and hard-of-hearing adult who work in an audiology clinic. Some of the feedback when we started talking about fostering joy, we received feedback from audiologists that said, kind of was hard to do that. Sometimes we're given news that parents didn't expect. Maybe didn't even want. How do we own joy? Right?

Well, if you meet people like Stephanie, you think, that's possible. You might have, for example, a person on your team, your audiology team or medical team who is the lead for fostering joy. Maybe that person gets tasked with coming up with ideas for doing that. One of the people who works in our working group is an audiologist and created signs that go down the corridor. Everyone has to go from the waiting room to the audiology booth. And in that corridor, there are signs that prompt questions about fostering joy.

What a nice way to enter into a session, even if you're a parent or caregiver and you're anxious about what this p appointment is going to be. But as you're walking down the hall, you're like this is an okay place to be. And this audiologist is joyful. I can relax my guard and feel comfortable in this situation. You can utilize fostering joy tips. We have two arms. The family arm and you heard representatives from them and the profession mal arms. If you look at fostering joy professional website, and the parent side, there's tip sheets. So these are professionals can handout to families. They're also available in number of languages. So when you are encountering a family and they speak a language that is different than your own, and you can provide them the tip sheet in their own language. That can also help families to feel like, oh, we've taken that extra step. That's really helpful. Finally, for those working in medical facilities might be able to embed in the medical record smart phrasing for joy.

A lot of medical records, you have to indicate we gave this handout. Or we passed out this kind of thing and parents and caregivers might not be aware of that. But in the medical world, you have to indicate how you passed on educational materials. But if you make fostering joy part of the educational materials, along with here's the information about hearing aids. And here's the speech banana. And here's this. Then it helps it be this is also important and relevant. It's not an add-on or just an extra. We want families to know about the audiological, the medical, and the joy, and how do we really help that connectedness with parents, caregivers, and the little ones?

And then just in supporting families in general, so if you're a professional who didn't find yourself in two of those categories, here's some other thoughts. Describe the joy. Candace set joy is not a destination or something you work towards. It is something you choose. And that science will back us up when we say we're intentional about finding joy in moments, it actually isn't the high elation people often experience. It's actually more of a calm, for some people, calm sense of awe, like Ray's deep breath. And I've been worried about my child and I can just breathe. That, too, can be joy. Ask about family's cultural perspective on joy. We recognize that we represent every one of you and families you serve. Some families might not utilize the term joy. They might have a different term they associate with it. Joy might feel frivolous in some families. But asking them, so what does it mean in your culture and background? How do you express that feeling of connectedness with your child? And maybe you can learn from that as well.

If we find some joy in a circumstance, what might it look like for you? That's a powerful question to ask too. The picture of people jumping for joy is not, I think it kind of captures if you do a search for joy, that's the kind of thing that pops up in images. But when you ask what does it look like for you? I cry. Oh, that moment when my, you know, the connectedness with my kid. Like you're my best mom. I'm your only mom, but thank you. Anyway, there you go.

Joy and resources for professionals. These are active QR Codes. You can lift up your phone if you like them to take you to either of the websites. On there, we've mentioned couple of resources. There are other resources too such as worksheets for you as a professional to reflect on how and what am I doing in my own practice to foster joy? There are prompts. How do we help build in joy, particularly, if it's not something that you are prone to to say, yep, even you, even you, not necessarily innate 8 joyful person can say I want to be committed to this and I like to learn more about it. So take advantage of those.

All of us remain available for information. And feel free to reach out to us about the professional side or the family side. Thank you.

>> And then for the families out here, again, active QR Codes for the resources we have, the joy tips for families that we can use, as well as the QR Code for that Facebook group. Again, lots of resources out there. And I know some of you got a slip to enter our drawing, when you first came in. If we ran out or if you were late, jot your name down on a scrap of piece of paper. That's fine. You're still included. If you want, I'm going to be the bossy mom now. Hold it over once and pass it to the front of room so we can collect as many and get you guys out of here. We have a drawing for the fostering joy journal for kids. So we want do that and if anybody has any questions, before you leave, feel free to jump up and ask any of us. Or reach out to any of us.

Our information is on this slide if you need. But, again, thank you for your time and we hope you guys have a joyous day! Thank you! Thank you!

And the winner is...! Wait, we haven't collected it all. There's more coming. [Laughter]

>> Okay, and the winner is... Gracie Beltazo. Congratulations!

>> Can you use a Spanish one?