



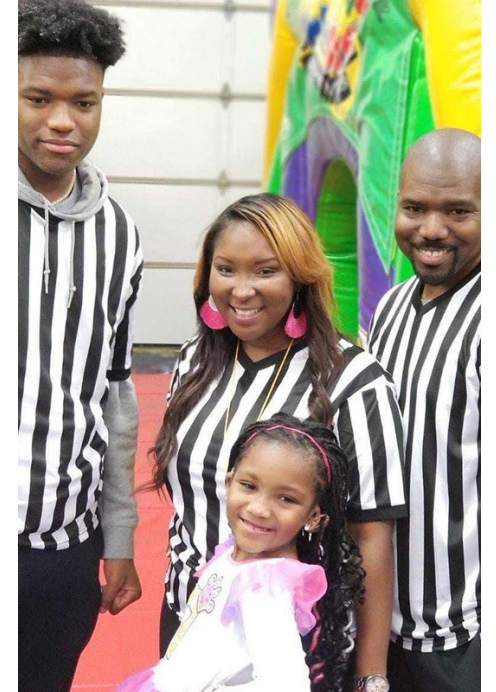
Fostering Joy: Practical Steps



FREE

*As you enter, put your name and email on a slip of paper at your seat to be entered into a drawing for a free **Fostering Joy** Journal for Kids!

Who We Are...





HANDS &
VOICES™



JOY



♥ thankful & joyful



For us, JOY is seeing him smile when he is given an opportunity to be independent.

Deaf+ or Deaf with disability



3 Ways: Families Can Apply **Fostering Joy**

Deliberately schedule time with your child

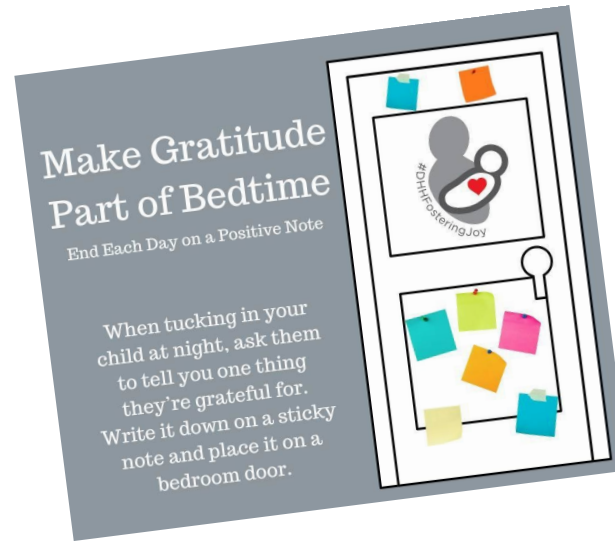


Document frequently— expressing gratitude rewires your brain to be more positive

Reflect on how far you've come

3 Ways: Family to Family Support

Welcome Families
with **JOY**



Fostering Joy
Online



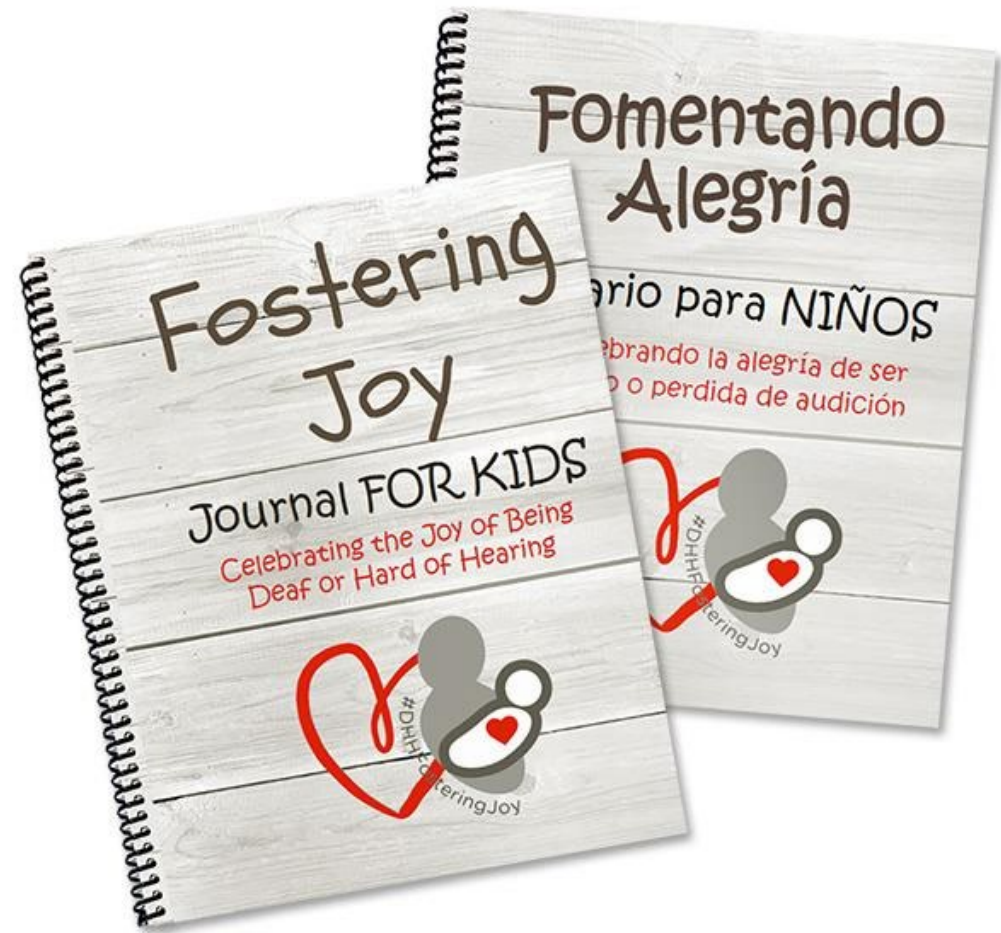
Creating **JOYFUL**
Events



3 Ways: DHH Adult Role Models/Guides & Mentors

Share personal experiences with families, including our **JOYS**

Present **Fostering Joy** for Kids Journal to families



3 Ways: D/HH Superheroes Spreading Joy

Offer events with opportunities to meet D/HH Adult Role Models/Guides and Mentors who are Joy Ambassadors

HANDS & VOICES LEAGUE OF HEROES SUPERPOWERS WITHIN

 <p>CREATIVITY is my ability to think of great ideas and use my imagination to solve puzzles, to share with others, or just to have fun.</p> <p>ACTION: I put my hands on my head and wiggle my fingers to make super creative sparks fly!</p>	 <p>COURAGE is not about never feeling afraid. I know others have been afraid before. <i>Courage</i> is the power I have to still do something new even though I feel afraid.</p> <p>ACTION: My palms face up and my fingers wiggle to make my inner strength glow!</p>	 <p>ADVOCACY gives me the power of confidence to speak up for myself and others. Making sure I, and everyone around me, get to share the same experiences.</p> <p>ACTION: I tap my nose with my finger and all my senses super focused on what's happening around me!</p>	 <p>ADAPTABLE is the power I have to see a problem or an obstacle as an opportunity for me to try an alternate way to fix it or to find a different path around.</p> <p>ACTION: I put my palms together then pivot my hands to activate my super clever powers.</p>	 <p>RESOURCEFUL is my power of knowing many different positive ways to solve any problems or to figure out tricky situations.</p> <p>ACTION: I pull on my ear lobe to get the gears in my mind moving on to my next best idea.</p>
 <p>RESILIENCY is my ability to bounce and roll! When adversity strikes I still have emotions like anxiety and grief, but I keep on moving and doing the things that are important to me.</p> <p>ACTION: With my arms crossed in front of me and my hands on each shoulder I activate a force field.</p>	 <p>EMPATHY is my great ability to understand another person's feelings and the power to view situations from their perspective.</p> <p>ACTION: When I place my hand over my heart it charges my super heart making those around me stronger, too.</p>	 <p>SPIRIT is my inner glow, the special power within me that shines to show people that I am one of a kind. I'm super unique!</p> <p>ACTION: I stretch arms way up high, then sweep my hands down to my sides, and I soar like a shooting star across the sky.</p>	 <p>RESPECT is the power of knowing how great the world is because everyone is different. This power comes from my appreciation of the differences in each of us.</p> <p>ACTION: When I clap my hands together it gives everyone in the world super-powered high five.</p>	 <p>SPARK is the power inside me that knows I am worth every effort. This <i>Spark</i> tells me I can succeed in all the things I set my mind to do.</p> <p>ACTION: When both my fists bump together I activate my inner super drive.</p>

3 Ways: DHH Educators & Early Interventionists



Add the word “**joy**” to your vernacular

Collect data through a **Fostering Joy** lens

Create **Joy** IFSP/IEP goals

3 Ways: Medical & Audiology Providers

Establish a “Team Lead” for **Fostering Joy**

Utilize the **Fostering Joy** Tip Sheets and resources when meeting with families

Engage medical record “smart phrasing” to embed **Fostering Joy** resources in the Visit Summary



Tips courtesy of Stephanie Olson

3 ways: Professionals Supporting Families



Describe the role of **JOY**, even in “tough times”

Ask about families’ cultural and personal perspectives on **JOY**

“If we were to find some **JOY** in that circumstance, what do you think it might look like?”

JOY Resources For Professionals



JOYFUL PROMPTS & ACTIVITIES IDEAS FOR WORKING WITH FAMILIES

Prompts for Opening a Joy-Filled Family Session

What has brought you joy this week?

What did you celebrate this week?

What do you most enjoy doing with your child or as a family?

What is your go-to joy-filled activity with your child?

What is something your child does that always makes you smile?

- Start and end each session by discussing a moment of joy from the family's week
- Identify and point out moments of connection and joy during a family session
- Capture joyful moments in a photo and share with the family
- Encourage families to create a "Joy" album on their phone and add to it daily
- Build "joy-reflecting" into daily routines, such as meals or bedtime
- Make joy a focus of programming
- Encourage families to document their joy in the [Fostering Joy Journal](#)



Connect, share, and tag your joyful moments

Visit our website | [Fostering Joy - Professionals](#) | [DHHFosteringJoy](#)

Fostering Joy is a family/professional movement celebrating the joy of raising and supporting children who are deaf or hard of hearing.

A Tip Sheet for Professionals

JOY IN WORK

A WEEKLY WORKSHEET FOR REFLECTION

WEEK OF:

Joy in working with students and families	Joy in professional growth	Joy in collaboration
Joy in self-care	Joy in personal growth	Joy in facing adversity

For more information and additional copies, please visit our website.

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Updated 3/2021



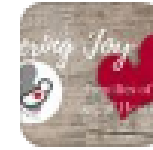
Fostering Joy- for Professionals

Private group · 556 members

Joined



JOY Resources for Families



Fostering Joy - Families of Deaf and Hard of Hearing Children

Private group · 1.6K members

+ Invite

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LA JOIE D'ÉLEVER DES ENFANTS SORDS OU MALENTENDANTS
Feuille de conseils pour la famille

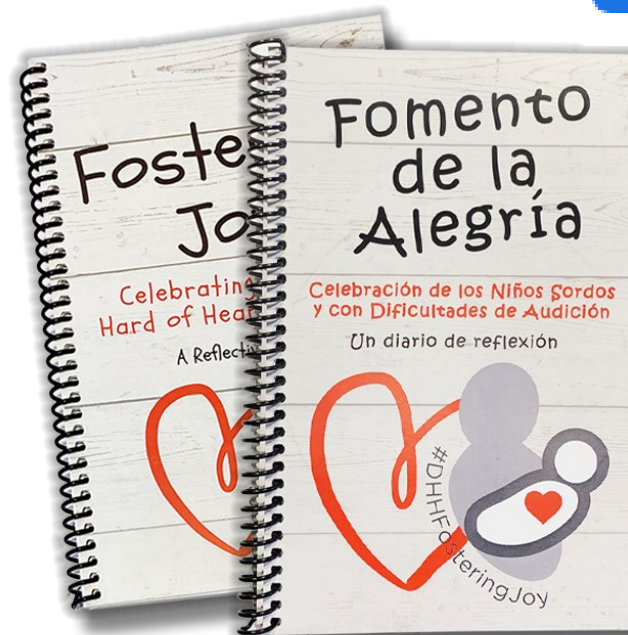

CONSEILS

La Joie Favorisée est un effort familial/Professional célébrant la joie d'élever un enfant sourd ou malentendant. La Joie Favorisée fournit des ressources aux familles et aux professionnels pour soutenir la croissance et le développement d'un enfant qui est sourd ou malentendant.

Les familles aimantes et solidaires constituent une base solide pour la santé et le bien-être social et émotionnel. Se concentrer sur des moments spéciaux qui apportent de la joie, aide les familles à mettre de côté leurs préoccupations et à se concentrer sur leurs liens naturels et aimants entre parents et enfants.

Prendre de courtes pauses dans le stress de la vie quotidienne aide les familles à explorer et à apprécier les moments de joie qui accompagnent l'éducation de leurs enfants. Voici quelques conseils, proposés par les familles, pour retrouver la joie au quotidien- Prendre le temps de célébrer les étapes importantes, de communiquer avec vos enfants et de laisser briller les lumières de leur amour.

Mis à jour 11/5/2020
Traduction en français par Sabine Munsch
<http://www.handsandvoices.org/resources/fostering-joy.htm>



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