

15:02:25 >> Good day everyone!
15:02:29 I would like to welcome you to today's
15:02:34 webinar that is entitled "Scientific Professional and
Parental
15:02:39 Perspectives" from the fostering joy project.
15:02:48 My name is Will and I am
15:02:55 with the national Center for hearing assessment and
management which is the base for the technical
15:02:57 resource Center.
15:03:02 I would like to welcome y'all today. If you are needing close
captioning,
15:03:07 you will see a CC
15:03:10 button on your screen, you can click on that to activate it.
15:03:15 Today's presentation is going to be recorded
15:03:18 and it will be posted on
15:03:21 infant hearing.org
15:03:25 in the next couple of days. If anything
15:03:29 disruptor full
15:03:32 participation in today's webinar you can access
15:03:36 this again and or share it with other people
15:03:39 for whom you think would benefit from the content
15:03:42 that is delivered today.
15:03:44 Once our presenters have
15:03:48 completed at their remarks,
15:03:50 we will invite you to use the Q&A
15:03:53 screen at the bottom of your screen
15:03:55 to type in questions, but
15:03:57 for now refrain
15:04:00 from using that unless you need to give us some
15:04:03 type of technological feedback
15:04:05 on how today's technology is working.
15:04:08 We want to give our complete attention
15:04:13 to our presenters while they are speaking to us
15:04:15 and then we will open up the floor
15:04:18 for your comments and questions to share.
15:04:22 Gunnar, are you able to activate
15:04:25 the poll question?
15:04:32 There we go.
15:04:38 Is that visible to everyone hopefully?
15:04:43 If you can take a moment to indicate
15:04:46 what your primary role is
15:04:51 that you surveyed that prompted your participation to today's
webinar,
15:04:54 that's really nice information
15:04:56 for our presenters to know about
15:05:00 as we
15:05:02 embark upon their presentation today.
15:05:14 Gunnar, how do we see the results of that?
15:05:24 This gives us an idea of the diverse

15:05:28 people that are here from different perspectives.
15:05:40 We will introduce ourselves respectfully,
15:05:42 and go from there.
15:05:48 >> Thank you, and thank you for this opportunity to present
about fostering joy.
15:05:52 We are thrilled to have the chance to share with you about
15:05:57 this movement, and about the work we have been doing and we
are hoping this will go.
15:06:02 We are focusing on the scientific, professional and parental
perspectives.
15:06:05 There are three of us that are presenting and we will
15:06:10 cover those. I should clarify that I don't have the peak or
15:06:13 white coat, so we are talking about social sciences.
15:06:20 My colleagues were laughing,
15:06:22 who is the scientist? I will be here.
15:06:25 We want to introduce the fostering joy of movement.
15:06:28 I'm going to talk about it more but it's sponsored by
15:06:30 two different organizations.
15:06:35 Fostering joy is a collaborative of parents and professionals
and adjust to arms.
15:06:39 One of them is sponsored by hand the invoices,
15:06:43 the national his invoices group that really supports the
apparent side of things.
15:06:48 In the Institute which is at the children's center
15:06:50 for communication,
15:06:54 school for the deaf where I serve as director come in the
Institute
15:07:05 serves as the professional arm.
15:07:09 Fostering joy since in the center of those because from the
15:07:14 beginning, fostering joy has been a collaborative of parents
and professionals and
15:07:20 this is something we intend to keep and carry us forward.
This is central idea that we want to foster joy
15:07:26 amongst families who are raising deaf and hard of hearing
children
15:07:37 and we can do that with families and the professionals that
work with the families.
15:07:41 This captures a few of the people that are on our team.
15:07:50 Karen in the center is definite hard of hearing adult
15:07:53 was also part of our team and Cora.
15:07:56 This is them with their families.
15:08:05 While we came together parents and professionals -
15:08:07 we do have adults that are different hard of hearing and they
are an important part of what we do as well.
15:08:16 Is not a separate organization that sponsors them but we do
have representatives from that group and we feel like that the really
important thing.
15:08:22 While there are three of us talking today we represent the
core team
15:08:25 and we are thrilled to be here but

15:08:29 we work tightly with other folks that are involved in fostering joy as well.
15:08:33 Those of us who are
15:08:39 with you today, both of us, and JenniferClark as the professional.
15:08:44 We do want to center that this is about fostering joy for families
15:08:48 who are raising children that are deaf or hard of hearing.
15:08:52 All of those call from our experiences and our life to say,
15:08:59 we get inspired by opportunities
15:09:03 to be with their families. I just
15:09:06 want to throughout the question, would you still joy
15:09:10 I feel joy watching the sunrise.
15:09:18 If you are Facebook friends, you have probably
15:09:21 seen some photos because this is lecture that I took in Salem Massachusetts watching the sunrise
15:09:23 Beverly Bay.
15:09:26 I find joy in that. What brings you joy?
15:09:28 Think about it for a minute.
15:09:33 What onto that because we will come back to it briefly.
15:09:39 With I will hit it over to Beth, Beth is our Saturday
15:09:46 -- Beth is our parent representative
15:09:50 >> I'm a mom of three kids and I want to show that about
15:09:55 how my journey began at how I became to be part of this presentation today.
15:09:58 Our journey first began
15:10:04 with my firstborn did not pass her
15:10:12 her hearing screen it was 1/2 a dozen tests but specialists and all of those
15:10:17 initial tests were correct and we did not need to come back unless there was a problem.
15:10:18 yay
15:10:24 for us we thought we would not question the doctors expertise and we continued on with our lives.
15:10:31 We had a second child, everything was going fine, but we continue to notice our daughter was still having
15:10:35 problems hearing us but every time we had a problem we went back to the
15:10:40 Doctor and there was always a reason why that "normal" hearing was affected.
15:10:46 As parents I heard this a lot from other people, it's just fluid in the ears,
15:10:50 she needs her tonsils out, she needs tubes then,
15:10:52 maybe get a speech evaluation,
15:10:58 In the time we are going through these evaluations, we had 1/3
15:11:02 child and he did not pass his newborn hearing screening.
15:11:06 Loaded everyone back up and worked on more tests.
15:11:11 We found at the same day that are firstborn and our third child

15:11:14 both had a confirmed diagnosis of hearing loss.
15:11:18 On newborn at the time was diagnosed with
15:11:21 mild to moderate loss in our daughter was diagnosed with
15:11:23 moderate to severe -
15:11:29 and we found out later that the doctor had just
15:11:32 Miss read the report at three months.
15:11:35 Sitting as a new mom of
15:11:38 three kids, four years old and under,
15:11:42 We just found out about these diagnoses.
15:11:46 My husband who was a teacher and coach went back to
15:11:50 work leaving me at home for 12 hour days
15:11:54 outnumbered with all of this new news.
15:11:59 To be honest, and anyone that knows me I'm a pretty open
book.
15:12:03 Looking back, I was probably battling some postpartum
depression.
15:12:06 There's a lot of things going on at the time.
15:12:10 Two new diagnosis with kids -
15:12:12 two different ages,
15:12:16 my typically hearing middle child was diagnosed with a severe
speech delay
15:12:20 which I completely missed because I was so focused on the
other two
15:12:25 and there hearing diagnosis. The SLP pointed out to me at
another appointment.
15:12:29 I felt like a horrible mom because I completely missed that
one.
15:12:35 With all this news came in onslaught of appointments and
therapies, and
15:12:38 really tough time.
15:12:41 There was not a lot of joy in the journey back then, I'm not
going to lie.
15:12:43 It was really not good.
15:12:50 Today I'm a parent leader with not only the
15:12:57 hands and voices but voices scans headquarters but I was
sitting on a committee with an early intervention specialist that
works with my family when my youngest son
15:13:03 was first diagnosed and I think she was trying to complement
me by saying
15:13:06 how far I've come on this journey, from when she first met me
15:13:10 but the comment was, you used to be a hot mess.
15:13:16 It really struck me for a while, and I was upset at first but
I thought, yeah, I was a hot mess.
15:13:20 I will own that. What were my choices?
15:13:22 No one was modeling any joy for me.
15:13:24 I was only getting
15:13:27 A really hard journey
15:13:31 in front of me with a map that I did not know how to decipher
yet.
15:13:35 I think this is why the parents perspective, no matter how

messy,

15:13:39 is so important, not only for other parents to hear,
15:13:42 but for professionals to hear as well to really help those
families.

15:13:46 >> On that note,

15:13:51 as professionals we don't have any formal training in joy.

15:13:59 We are sort of, as a movement, propose some ideas and offer
you information antiscience, but

15:14:03 we as early interventionists,

15:14:09 in my training we did not have any formal training, how do
you do joy in early intervention?

15:14:13 How is it that I can bring that energy

15:14:17 into a session, or into my relationships with colleagues.

15:14:23 As Beth stated, that the things that we say are making
lasting impacts

15:14:26 on families. As professionals we are making lasting impacts

15:14:31 not only on colleagues but particularly our families.

15:14:35 We remember the way that we make them feel.

15:14:37 Beth is going to talk more about that

15:14:42 in this presentation. But we are uniquely positioned to be
able to

15:14:45 Be, will be called joy ambassadors.

15:14:48 We are able to bring that to

15:14:54 the families even if they are not aware that they are ready
for it, or maybe they are not.

15:14:58 We don't know and we cannot necessarily judge that but we can
bring that to the table.

15:15:05 When I used to work in early intervention, the one of the
things I would do was someone would call me and

15:15:12 I had a new desk kid, and

15:15:16 I might be the only person getting a new desk kid but that's
OK because that's the way that I felt.

15:15:20 My colleagues knew I was really excited about this

15:15:25 desk kid. That person is aware of how I feel and maybe we can
bring that into

15:15:28 the sessions with the families.

15:15:32 What if we are the only

15:15:34 ones that are able to do that?

15:15:40 What if we are able to bring that joy, but we don't know how.

15:15:46 But we are not asking to make those changes, or only asking

15:15:50 to think in a way that you talk to families or you can try

15:15:53 very specifically to incorporate that joy

15:15:57 into goals and outcomes

15:15:59 in your work.

15:16:02 That takes us to, what do things

15:16:06 look like now? When we go into position with the family, we
are

15:16:11 working really hard to collect data. We need to take data in
our minds and

15:16:15 in that moment we will

15:16:17 plan for the session. We are going to plan
15:16:19 what this path looks like I had for us based on
15:16:24 the data collection right now but it could be sort of like
reading a report card.
15:16:28 When we are going into a session with the
15:16:31 family we asked them to do a report card readout.
15:16:34 That doesn't sit well with the families and Beth is going to
talk about that
15:16:37 in her own journey, it puts a lot of pressure on
15:16:41 the moms were the dads to feel like, I need to be
15:16:46 reporting on what I did, not necessarily how I felt were the
15:16:50 experiences and
15:16:56 that could be enjoys a period of doing data collection, and
often times it sounds like, what are the new words that he learned?
15:17:00 Was the data that you collected this week? If you did not do
that,
15:17:06 I'm not making you feel bad about it, but let's do it right
now and I'm going to get it over with.
15:17:09 That clinical perspective
15:17:12 lingers in the way that we interact
15:17:17 with families. Beth is going to talk about a memory that she
has
15:17:21 >> This is Beth again, this is a picture of my youngest
15:17:30 , Harrison, we lovingly named him 'hurricane Harrison'
15:17:35 this is when he was two, and we had the opportunity to
receive therapy
15:17:38 twice a week for one full year
15:17:46 from an amazing organization specializing in deaf and hard of
hearing language development. This is
15:17:51 pretty COVID time so things like zoom is not a daily
occurrence.
15:17:56 We were offered escape therapy. It was one more learning
curve
15:18:02 to be able to do therapy number one, and therapy online with
a two-year-old.
15:18:08 We would put him in a chair, and before each session,
15:18:11 I would get a lesson plan that's up on the screen.
15:18:17 So I knew what to prep on and knew what to focus on
15:18:19 during that hour lesson twice a week.
15:18:23 After each session I would get feedback
15:18:28 from the therapist on how
15:18:32 it went, what I needed to work on, this particular session we
were working on a few things
15:18:37 one of them using books, I was trying to get him to make eye
contact,
15:18:39 I was trying to get him to imitate
15:18:42 one single word from the book.
15:18:44 Interest model a few different things.
15:18:47 Looking back after that session,
15:18:51 and I was reviewing the notes, and some of the feedback

15:18:55 that I received similar to what Jennifer
15:18:57 shared on the first slide,
15:19:03 it's OK to tell him that he's being too loud and AAHHHHH
15:19:06 it is not the same as saying more.
15:19:12 Another piece of feedback was, I see he wants to play ball on
his own terms.
15:19:17 Good job ignoring the screams,
15:19:20 but why he changed it up and started throwing his hearing
aids, I don't know.
15:19:24 Finally, he did it, he initiated "eat"
15:19:29 at the end of the feedback, the therapist said, it was a
great session.
15:19:34 From a parent, I thought this was a complete failure.
15:19:38 I just endured an hour of listening to myself
15:19:41 talking really stupidly and saying things like,
15:19:46 "can you make the elephant walk, walk, walk."
15:19:50 By being screamed at by two-year-old and having hearing aids
thrown at me
15:19:56 I love this therapist, 100% recommend them, and know that
sessions like this
15:19:59 are necessary to see growth, I did not see that.
15:20:06 She gave me a lot of praise, I'm not going to lie, there was
a lot of, "good job doing this, way to hang in there."
15:20:09 But I was not open to it because
15:20:13 this frankly sucked. I did not enjoy this time in my life of
doing this
15:20:15 multiple times a week
15:20:18 with a therapist.
15:20:22 Then doing every day by myself on top of
15:20:26 the developmental specialist, the teacher of the Deaf, the
speech therapist,
15:20:31 the occupational therapist, and that was just for one of my
kids.
15:20:34 I had to others that had needs at that time as well.
15:20:36 Not being joyful
15:20:39 was not really helpful.
15:20:46 Then I was still start the next session with, "what new words
did he imitate? did you fill out your chart?"
15:20:50 all of those things that are so clinical. It was not fun.
15:20:55 Jennifer will discuss some of the strategies to how we can
have a joyful exchange
15:20:58 between parents and professionals.
15:21:01 >> This is Jennifer.
15:21:04 Listening to Beth speak, I can
15:21:07 hear from a professional perspective
15:21:09 that person was working really hard.
15:21:13 We know and we hear that and we go, that person was doing
their best
15:21:19 to balance what's happening in front of them, what their
training with information that they know they need to convey

15:21:24 to the family. We are on a time crunch. We don't have all day with families.

15:21:28 We have 45 minutes,

15:21:32 the audiologist knows they need to test the child, get all these things done.

15:21:36 We want to offer ideas

15:21:40 through this movement to still accomplish all of those things that we need to do, but perhaps

15:21:45 reframing in a fostering joy... From this perspective.

15:21:54 Instead of making the families feel like they are reading out a report card of what they were supposed to do, what were you supposed to do last week?

15:21:57 data collection can we

15:22:00 slow down, this is just the

15:22:02 beginning. Beginning to have

15:22:07 a conversation, slowing down, paying attention to what the family

15:22:10 is saying and what...

15:22:15 How are they feeling just based on how they are saying, but can we gather more information

15:22:18 based upon what they are not saying.

15:22:21 Have a conversation with them. A reflective conversation.

15:22:25 We have a few ideas, which would be,

15:22:28 what made you smile this week?

15:22:30 Simply said.

15:22:33 Starting off that way.

15:22:37 What made you smile this week, what were some of the moments of joy

15:22:40 from this past week with Harrison.

15:22:45 There's a lot that goes on in the week and sometimes asking these broad questions might be too much.

15:22:50 Maybe some are specifically saying, what made you smile about your interactions with your son.

15:22:53 What was a joyful moment you can recall with Harrison.

15:22:57 And Beth will talk a lot about

15:22:59 those moments happen spontaneously.

15:23:05 If we are coming at this clinically, then Beth is going to be assessing her

15:23:09 achievements, or the outcomes based upon the clinical perspective.

15:23:16 If we are changing the way that we are asking questions, and

15:23:19 coming at this from a joyful perspective, perhaps we are

going to get better data collection because Beth does not think

15:23:24 that the spontaneous moment is what this person is asking me about.

15:23:28 That's what this person is wanting to know about this exchange that I had with my child.

15:23:31 She wants to know did he say two word sentences.

15:23:36 Did we achieve everything that we were supposed to

15:23:38 work on with our new strategy.

15:23:44 We are going to pass it back to Beth and say how we can offer data collection differently.
15:23:47 >> This is Beth again.
15:23:50 This is Harrison at age 3.
15:23:54 The hurricane got downgraded to a tropical storm a little bit as he got older
15:23:57 and a little bit more manageable.
15:24:02 At three he started in a self-contained deaf and hard of hearing
15:24:05 preschool. This is one of my favorite
15:24:09 memories of him and I love that I put it on Facebook so it does come up every year for me.
15:24:15 First time being in school, he got to participate
15:24:19 in spirit days! Just like his brother and sister that he watched for so long
15:24:25 As I stated in my Facebook post, he talked for three hours.
15:24:27 Just about this day.
15:24:32 It was crazy hair, crazy shirt, crazy sock day.
15:24:37 I'm sure that I used the same strategies to elicit language out of him
15:24:40 while getting ready, do you want to wear
15:24:44 the blue shirt or the redshirt? Do you want the green hairspray or yellow?
15:24:49 The fact that this was just,
15:24:52 like Jennifer said, more spontaneous, more natural, in a sense...
15:24:54 He just started talking!
15:24:57 He talked about so many different things.
15:24:59 It was really joyful for him
15:25:03 therefore was joyful for me and therefore I found it
15:25:06 as a success.
15:25:09 Maybe hot gluing plastic
15:25:12 bugs into your toddler's hair is
15:25:16 not the most natural way to elicit language from that but the great thing with this, I got three hours
15:25:20 before school, his teacher reported back to me all the opportunities
15:25:25 at school with his peers, his teacher saw other students, other teachers,
15:25:28 to talk about this.
15:25:31 He chose green in his hair to look like green grass.
15:25:35 He talked about the bumpy bugs. He talked about the smooth bugs.
15:25:39 He came home and told his brother and sister and at all of this.
15:25:43 We had a full day of language was normally I would be sitting there
15:25:48 with my paper and pencil on a clipboard checking off what kind of words.
15:25:53 I don't even think I could told you

15:25:54 how many words he did with this.
15:25:57 Again, looking at his little face, remembering
15:26:01 that joy from that day will stay with me forever.
15:26:05 And the fact that
15:26:08 I wrote and documented it in this, it made all the hard work
worth it.
15:26:13 If you had gone back to the picture in the highchair, I was
not feeling it.
15:26:15 I never saw the light at the end of the tunnel.
15:26:18 Having this joyful moment
15:26:25 made that hard work worth it for me as apparent.
15:26:32 > This is Amy
15:26:36 one of the things you want to make sure that we are mindful
about
15:26:39 emphasizing and including is that fostering joy
15:26:55 is really for families who have children who are deaf or
hard of hearing in any way that they show up in
15:27:00 the world. We are including of disabilities, it might be
different, for this particular child,
15:27:06 that taking those first steps don't happen in the same
timeline.
15:27:11 I can guarantee that the family seeing those first steps from
the child feel all the feels
15:27:14 that come with seeing a child
15:27:20 take their first steps given more the effort the child took
15:27:25 to reach those milestones. We are really meaning to be
mindful about that but we are not
15:27:28 thinking about fostering joy just in terms of
accomplishments.
15:27:34 Sometimes it gets phrased that way, once my child started to
do these things, he brought joy.
15:27:38 What we have actually found is thus far, in our fostering joy
15:27:43 parent Facebook group, for example, there's a substantial
percentage of folks
15:27:57 that are from the Deaf+ world. A lot of families that have
deaf or hard of hearing
15:27:59 ...
15:28:01 Is not only just on achieving things
15:28:09 or making milestones, although we do frame things in those
ways professionals and early interventionists but it's about being in
those moments.
15:28:15 This movement is inclusive of all.
15:28:18 I like this quote.
15:28:27 "Joy is a decision, really brave one"
15:28:38 sometimes They say it's about the good things but the science
suggests that it's about the things we focus on.
15:28:46 How it feels, how we perceive it, and whether it's beginning
to elicit response.
15:28:50 Here's an example, if any of you had the experience of
15:28:53 getting married, for example there's a lot of emotions that

go on.

15:28:57 Some could say excitement, some might say terror.

15:28:59 They can feel similar in your body.

15:29:04 How you are perceiving the situation, will determine

15:29:06 what you label that feeling.

15:29:10 Very often we have feelings

15:29:14 and things like anxiety, nervousness and excitement are pretty tied together.

15:29:20 Our body responds in similar ways to those

15:29:24 experiences so how we then interpret that or perceive the situation and label that

15:29:29 the motion will influence how we move onto the next thing.

15:29:34 Point number three, whether the situation is big enough to elicit a response.

15:29:39 There are people who are highly excitable and some are

15:29:42 mellow, but part of what helps us foster joy

15:29:47 is to choose to be intentional about having a big enough

15:29:51 response, two things that are not necessarily big world

15:29:55 events. The marriage for example.

15:29:59 It can be snuggling this baby that has just

15:30:03 had a bath and I smother here and that's joy.

15:30:10 My son who is no longer a baby and he's like, I don't get why you smell here. It

15:30:15 just takes me back to when you were little and squishy.

15:30:20 Now that you are a and sweaty,

15:30:22 and you don't smell so good... That's why it's after the bath and not before.

15:30:25 Joy can be mixed emotional state.

15:30:27 This is something to be mindful of as well.

15:30:31 Sometimes we think of...

15:30:34 An example that came to me as I was preparing this slide was

15:30:39 at my grandfather's funeral which was very sad and so many ways and they played taps

15:30:42 and I was so grateful for the experience

15:30:44 of his life recognized.

15:30:49 You know? I felt joyful and my mom looked at me and she's like, you're crying,

15:30:51 I feel joyful.

15:30:55 He died! I know. That's part of it.

15:31:00 Because he lived his life and I was able to reflect on that and it was celebrated

15:31:02 in a way that was beautiful.

15:31:04 And honored.

15:31:06 Just all of those things.

15:31:11 Joy can be mixed state and comes often in moments following

15:31:14 difficulties, struggles, things that

15:31:17 we are having to work toward.

15:31:20 Joy can also feel like relief.

15:31:24 It can be ecstatic, happiness.

15:31:31 Or it could be (sighs)

15:31:36 and of the science behind joy is growing.
15:31:42 Much more recently, 2018 to 2020 there's some recent articles that look at
15:31:48 how joy is different than that. How is joy different not just a positive emotion,
15:31:52 but it encompasses more of these things. It's exciting for me as the social scientist
15:31:56 to be thinking about how we think of those sciences
15:32:03 for ourselves and others that understand joy in a way that's a little bit different.
15:32:06 It's not always jumping for joy.
15:32:12 Joy does not happen only in those moments. When you win the lottery, because most of us don't
15:32:15 or you get an Olympic medal, because
15:32:18 we also don't do that but we can experience joy
15:32:21 in that delicious bite of food,
15:32:23 or the food that's made for you by the people that love you.
15:32:29 You're like, uhhh, THAT.
15:32:34 The cool sand on your toes if you are a beach person.
15:32:41 Sometimes kids have standard versions but those who like it, cool sand on your toes, amazing.
15:32:45 Finding the joy in the things that bring you joy.
15:32:49 Those are individual and they are not uniform, they are not universal things.
15:32:53 It's much more common to have those everyday moments of joy.
15:32:57 Then the big earth shattering life-changing events
15:33:00 that we think of that result in jumping for joy.
15:33:03 We are going to talk a little bit about how that works.
15:33:05 How do we foster joy?
15:33:11 It turns out that when we focus on others
15:33:16 good fortune and reflecting on our own we actually activate the brain's reward system.
15:33:22 When we reflect and hold onto those moments where we feel joyful, we are feeding our
15:33:27 brain's dopamine and other things and helping our brain say, "yeah, this is good."
15:33:30 The more that we have those experiences,
15:33:35 the more readily it comes. Science suggests that it's only 20 to 30 seconds
15:33:39 of focusing on joy
15:33:43 that can change us and make our brains more ready to experience joy the next time.
15:33:46 It's not like you have to be a Buddhist monk and
15:33:49 meditate for hours and be in that place
15:33:52 where now I'm ready to take on, it's short moments
15:33:57 of mindful, intentional focus on that and it can be on other people's joy as well.
15:34:01 That's important because
15:34:07 in the world that we've been living in in the recent years,
15:34:12 we have to find ways to take care of ourselves and others.

15:34:16 It could just be, giving a lot to others,
15:34:22 and we don't want to feel like we have nothing left for
ourselves.
15:34:27 We can find joy, in those moments can help feed and fuel us.
15:34:30 This is a relatively new thing in the area of science
15:34:33 with positive psychology and focus on joy.
15:34:36 Positive empathy or coaching happiness.
15:34:39 I like this idea.
15:34:44 When we intentionally tried to foster happiness and others
there's these good things that happens to us.
15:34:51 People report greater satisfaction, increased happiness,
greater trust with others.
15:34:54 It sounds nice and lovely but I want you to think about what
that entails.
15:34:58 To catch happiness, means when someone wants to share
something about
15:35:02 something good that happens with them, we don't get jealous.
15:35:08 We are intentional about... I worked for that, I didn't get
that same outcome.
15:35:14 Or we can truly focus on that I'm happy for you and mean it
when we do that
15:35:18 that our lives also improved.
15:35:21 There is much to be said in thinking in that way as well.
15:35:24 I want to introduce the idea of (unknown term)
15:35:34 which is a word that refers to being unselfish,
15:35:36 appreciative and having vicarious joy about others.
15:35:41 This is not just a western fancy idea that there are
historical traditions where people have talked about
15:35:49 the state of being that truly being happy for others, and
fostering
15:35:54 that can have really positive impacts as well.
15:36:03 Where we focus our attention influences how our brain rewires
and acts
15:36:10 towards happiness. This is pretty interesting neuroscience
stuff. Here are some strategies coming out of this line of work.
15:36:18 If you set the intention to things that
15:36:26 are joyful, for me, one of the things that
15:36:27 is joyful for me is seeing the sunrise.
15:36:30 Pull that backup
15:36:33 in your brain, if you attend that, you
15:36:39 relax while you are doing and your parasympathetic
15:36:44 nervous system goes, "oh yeah"
15:36:47 and you can take this deep breaths. I could be
15:36:52 thinking about it I can ponder what it means to care about
that and you can feel the sensations
15:36:58 in your body and when you do that your brain readies itself
again to have more of these positive reactions in the future
15:37:02 Neuroscience they talk about things that fire together wire
together.
15:37:06 The more that you think about something in a certain way the

more it
15:37:08 happens more naturally.
15:37:12 For those of us that could be pessimists,
15:37:15 that's something to be mindful of and the opposite is true.
15:37:20 When we focus and say I'm going to find moments of joy in my
everyday
15:37:22 it becomes easier to do that
15:37:25 I'm going to share quick story
15:37:29 one of the people that's in our professional working group
has been doing this joy practice
15:37:34 and serves as an EI provider capacity.
15:37:38 They asked the questions as recommended
15:37:44 tell me about something joyful. On the third session, this
parent reported
15:37:49 you know what happened this be?
15:37:50 I see you on Thursdays and it got to be Tuesday and I hadn't
15:38:00 had a joyful moment, so I'm going to pay attention so the
parent was literally
15:38:03 looking for the joy so they can report on it
15:38:07 the feedback was so positive to the professional
15:38:15 it's helping me mindful
15:38:30 another brain science inform strategy is to counter the
negativity bias.
15:38:36 Unfortunately our brains are wired naturally to refocus
15:38:40 on some of the negative. The phrase here is the
15:38:49 brain is like Velcro, for the bad experiences and Teflon for
15:38:56 so we can be thinking in that way.
15:38:58 Cultivating a gratitude practice is one way
15:39:01 that has been shown through positive psychology
15:39:03 to be really helpful
15:39:07 in fostering people's ability to experience joy
15:39:09 and finds joy.
15:39:12 Turns out that although
15:39:16 our brains are inclined to be the Velcro for the negative,
15:39:22 there are things that we can do that. Gratitude journals -
there is evidence on how helpful
15:39:34 that can be and it does not have to be expensive. A lot of
the gratitude work had found if you raise three things that happened,
three times a week, four months,
15:39:40 there are neurological changes that happen
15:39:44 if you think about the amount of times that families, how
much
15:39:47 time you spent in the chair with the child
15:39:51 it might take three minutes at the end of the day,
15:39:56 and it allows you the space, the headspace in physical space
15:39:59 to be thinking more in terms of the gratitude which is
lovely.
15:40:06 Those easy strategies, three good things - that something as
15:40:08 your children get older,
15:40:17 tell me three good things,

15:40:21 tell me something that really brought you joy today.
15:40:23 Tell me about how you left in the classroom.
15:40:27 Was there anything you did that made your teacher left?
15:40:31 Those kinds of questions to get you
15:40:35 more out of your kids.
15:40:44 Drawing this parallel that
15:40:48 we all breathe, when you breathe in its intentional it can be
15:40:52 like meditation. There is a lot of evidence around
15:40:55 the importance of meditation.
15:41:01 We suggest in the science that the idea of intentionality in
finding moments of joy
15:41:03 is very similar.
15:41:07 You have experience joy in your work and family lives.
15:41:14 By being intentional about that you can reap the benefits of
15:41:17 having a more joy filled life.
15:41:26 >> This is Beth. Some studies also show that joy can differ
across
15:41:29 cultures and contexts.
15:41:32 One of those contexts is also the difference between
15:41:35 two parents in the same household.
15:41:39 I mentioned before, my husband, he's wonderful and
15:41:43 he did as best as he could taking off time for the important
appointments.
15:41:47 Clearly I was staying home and he was not. I was the one
doing
15:41:50 the day-to-day therapy.
15:41:53 We talked before about the joy that he had especially in
15:41:56 the really hard times at the beginning
15:41:57 when I was struggling.
15:42:02 He told me that his joy was when our son
15:42:07 would finally accomplish something and he recognized his own
success.
15:42:17 We got old enough and he would turn around to my husband and
say, "more milk please."
15:42:23 And he looked at the product that brought my
15:42:28 husband's joy.
15:42:35 I thought about my progress, and the amount of headaches I
got, the amount of times
15:42:38 toys would be thrown and hit in the face.
15:42:42 What I think about my joy in something like the spirit day,
15:42:45 he got a picture of it.
15:42:49 He could see my joy but he didn't get to experience the same
thing.
15:42:56 When we think about that with parents, we have a lot of
parents that,
15:43:01 like me, have multiple children with hearing loss.
15:43:07 Sometimes the second diagnosis is the most joyful thing for
them. While for someone
15:43:13 else, a diagnosis of the hearing loss is where
15:43:15 they are going through the grieving process.

15:43:23 They do not find joy in finding out
15:43:28 that joy is going to differ not only between cultures but
context as well.
15:43:48 >>
15:43:51 Hume to me and said, I want to do men's group, and I said OK,
15:43:53 what do men's groups do?
15:43:58 It's just going to be a place where we can get together, and
talk, and share
15:44:00 and we could be joyful.
15:44:04 They are going to do it differently, and no moms are allowed.
15:44:08 Great! You are taking on the opportunity
15:44:12 Four there just to be a space to..
15:44:18 Like Amy had said, to celebrate the joy and multiplied the
joy and be...
15:44:23 Maybe sorrowful but maybe joy at the same time.
15:44:29 You might have different age groups get together,
15:44:33 we had the opportunity have a men's group and that was really
powerful.
15:44:56 Moving on, we are going to offer these ideas to you, both
personally and professionally.
15:45:01 These ideas you might not feel like you are able to
15:45:05 do it professionally, maybe only personally.
15:45:10 Beth spoke a lot about using Facebook as a means to be able
to record
15:45:13 her family's joy.
15:45:22 Is not something I do. One of the things I like to do is use
something called keepsake.
15:45:24 It sends me
15:45:30 a random question. What is your son's favorite book, what's
your daughter's bedtime routine?
15:45:36 And a nap in that moment I'm able to be mindful about that
joy and put it away.
15:45:39 Whenever I want I can go to the keepsake
15:45:42 And have a book printed of all the questions I answered.
15:45:45 Maybe that's the way I am recording my joy
15:45:48 because I'm really bad at
15:45:52 journaling. I know from other professionals that on their
contact notes or in a separate
15:45:57 Journal be able to write down things that brought them joy
because they are not able
15:46:00 to feel comfortable sharing that.
15:46:04 We want to offer an idea that
15:46:07 you can point out joyful moments during your sessions.
15:46:12 If you notice something that's happening in a session with
the family that you can say, I noticed when
15:46:17 your child's face lit up you did XYZ...
15:46:25 It made me really happy to watch you do 'blank'
15:46:31 things. We are able to bring in that language in a natural
way because we will be taking joy
15:46:34 and slowly incorporated rather than doing it dramatically.

15:46:45 However if you want to be bold and go a little bit bigger, we do know that, ISFP's
15:46:48 can cover the whole family. What if we can
15:46:51 go into our goals and outcomes.
15:46:55 Mom is going to share a joyful moment with her son before
15:47:04 she put them to bed before my son was even old enough to talk, every night I would say, "my favorite part of today is when
15:47:12 we smashed the Playdo"
15:47:15 we are doing recall overall these language things but
15:47:19 we are also trying to foster joy.
15:47:23 We have resources, we have more ideas and we have put them up
15:47:26 on our websites, we have little principle PDFs
15:47:29 that can help you if you want to fill them out
15:47:32 or you just need prompts to take with you
15:47:35 and a slightly look at while you are on your session.
15:47:38 Go to our website and print those off.
15:47:41 Feel free to share them or maybe
15:47:43 you use them in a team meeting with your other colleagues.
15:47:53 >> As we talked about
15:47:56 the journey is going to look different for everyone.
15:48:00 Not everyone is going to be a hot mess like I was.
15:48:03 Some days I'm still hot mess but that's OK.
15:48:06 I think the key thing is no one needs to be alone on this journey.
15:48:10 Whether you are a parent or a professional
15:48:14 Supporting each other on the journey and through these joyful experiences
15:48:18 is really important.
15:48:28 Kind of to finish up, really... What does it mean to be a joy Ambassador?
15:48:33 as professionals some overlaps, some of it is unique to you.
15:48:39 I think we had a lot of presentations with fostering joy - hopefully everyone is aware of our Facebook groups.
15:48:44 We have one for families, and we have one for professionals.
15:48:47 We have an Instagram page that's open to anyone.
15:48:51 We also have hands and voices
15:48:55 it is our family arm, if you will.
15:48:59 On the hand invoices website there are a
15:49:05 ton of resources
15:49:07 to be able to do this, and of the Institute website has a lot for professionals.
15:49:11 That is fairly new, so anyone that's not as familiar
15:49:14 with fostering joy, definitely check that out
15:49:20 for professionals, tips for you as professionals but also tips for you to work with families.
15:49:29 I'm not going to lie, I really wish this was around 10 years ago when I was going through this.
15:49:32 Just being a joy Ambassador, it's not joining a committee,
15:49:36 showing up to monthly meetings,
15:49:42 it's something that you are embodying. What can you do as a

parent

15:49:46 leader or professional, or someone that sits on a committee.

15:49:48 We would love for you to share ideas here.

15:49:52 In our state we actually have a holiday party in person

15:49:56 this weekend. One of our parent

15:50:00 leaders made a beautiful mural that's going to be

15:50:03 interactive that will be on the wall so parents and kids can go up and

15:50:06 jot down a joyful moment at this time.

15:50:12 I can be as small as that

15:50:22 to what Jennifer said, as a professional, pointing out some of those joyful things that you see a parent doing.

15:50:26 The ideas we would love to hear what you guys are doing, what you guys have ideas to do

15:50:30 and really just share this joyfulness because we all need it

15:50:33 now more than ever and families,

15:50:37 it's a long journey and professionals are definitely part

15:50:40 over that journey with us so we want to be able to

15:50:42 embrace that together.

15:50:46 >> This is Amy

15:50:50 I'm going to stop sharing the screen in a minute.

15:50:54 I want to thank Beth for being real. That's an important part of what we want to convey

15:50:59 today as well. It's not gloss over, it's not the idea

15:51:11 of, just focus on joy and all will be well, all of those things can be well and at the same time

15:51:15 if you find moments of joy in the make and build the resilience so

15:51:18 you can manage them.

15:51:29 is planting the seeds of the spring garden can grow. Being intentional, jot down the things,

15:51:34 but something innkeeper app, or even if you are a professional that

15:51:43 works is you, rather than going down the

15:51:47 list of things, I want to tell you a story this week. I want to tell you what

15:51:52 made me really happy. I saw my child help his sister and

15:51:55 those lovely things because we are building and growing

15:52:00 and raising little people who... People.

15:52:03 They are not years or language devices

15:52:06 Or whatever...

15:52:09 Sometimes it can be sectioned off into that.

15:52:13 If your discipline works on this, that's what you focus on and a discipline works on this

15:52:17 and that may be there focus. But they are individuals.

15:52:22 They are children. All of those things are a part of their growth

15:52:27 and that's what we want to foster including social emotional development

15:52:32 are they good people? Are we raising tiny humans that can

contribute to the world?

15:52:34 With that I will stop sharing.

15:52:41 >> This is well from NENTRC

15:52:46 the Q&A boxes activated now.

15:52:54 As questions come and I will read them during the next few minutes that we have until the top of the hour.

15:53:01 I would like to personally thank all three of you for what you have been sharing with us. It's wonderful that we are legitimizing

15:53:07 as a part of health and educational services, the question

15:53:12 that even though things may be hard, and unwanted experiences..

15:53:15 And there's a whole plethora of those that we encounter

15:53:19 in our lives that somewhere along the way, professional

15:53:24 asks us, "so what are you getting out of this?"

15:53:29 despite the difficulties that we face,

15:53:31 that is a legitimate question.

15:53:36 I appreciate you legitimizing it.

15:53:40 Here's a question, the first one is

15:53:48 designated for would you still recommended that therapists and

15:53:53 are they necessary for the joyful moments that you felt?

15:53:56 >> This is Beth, great question.

15:54:01 For me, yeah, I think those clinical things are definitely necessary.

15:54:04 I wouldn't change my experience.

15:54:13 Only that, again,

15:54:16 as a parent, I was so deep in it I had a hard time saying that I need to take a break.

15:54:19 The professionals maybe could've recognized that a little bit more

15:54:21 Andy seen the stress level

15:54:26 well maybe if they slowed down a little bit, or focused on some of the joyful things,

15:54:28 I could've, breath.

15:54:33 One example of that, I mentioned both of my kids

15:54:35 were diagnosed the same day, they also got

15:54:37 their devices the same day.

15:54:40 Just horrible twist of fate.

15:54:46 Going on with our hot mess, my husband was in the ICU the night before.

15:54:49 I show up at the appointment by myself.

15:54:52 I had to switch grandmas around to help

15:54:54 do childcare and get people

15:54:56 where they needed to be and

15:55:00 I really wish I had the foresight to say, this day does not work for me.

15:55:04 But I also wish my audiologist

15:55:09 would've said, let's separate these two apartments. That's a lot for you.

15:55:11 For nine-month-old and a four-year-old

15:55:15 or, you don't have any support, you have two kids here with you,
15:55:19 let's take a step back.
15:55:25 Those type of things, they are important but I think professionals have the opportunity
15:55:29 to see something that maybe parents are not seeing in the moment.
15:55:42 >> We had someone give the suggestion of joy jars
15:55:45 that they used at the family camp. That's another
15:55:48 way people were thinking of, the next question is,
15:55:57 do you have tips for families that are not feeling joyful right now that they need extra help getting to the joy?
15:56:05 >> This is Beth, I can probably answer that from a family perspective.
15:56:09 One of my favorite things right now is the fostering joy Facebook page
15:56:11 for family specifically.
15:56:16 I just really love listening to other people share the joy
15:56:19 and it might be something you never thought of before.
15:56:23 I can kind of start realizing I can find joy in other things
15:56:30 I know Amy talked about kids that are deaf and hard of hearing with additional disabilities
15:56:36 or Deaf+ to be honest I find so much joy with that.
15:56:40 I look at these families that, in my mind are going through
15:56:44 so many things harder than me and if they can find the joy in something
15:56:50 that I've never even thought of, I think, what am I missing out on because
15:56:54 I'm so focused on myself. I think that's really great
15:56:56 way to learn from other peers
15:57:00 especially if you are newer to the journey and don't know a lot of families
15:57:03 just connecting with others in
15:57:07 your own community, or nationwide. That's been really helpful.
15:57:11 >> I would like just to add to that as well. I want to be mindful
15:57:17 I'm not adding something additional to the families.
15:57:22 In addition to all the things make sure you are being truthful. This is not a pressure doing that.
15:57:27 The emphasis on the idea of when it already happens,
15:57:30 the spontaneity of
15:57:35 the bugs in the hair, when it already happens, when your child is in the bath in the air
15:57:41 splashing and laughing,
15:57:44 when the good moments happen, cherish them, relish them,
15:57:50 hold onto them, know that there will be no of them.
15:57:56 Make sure that you are being mindful, and make sure that you are having the right attitude.
15:58:03 We don't want to have a pressure on families,

15:58:07 just celebrating moments of joy help them to keep coming.
15:58:11 Here's a question from an audiologist
15:58:15 in our company today.
15:58:18 She says, as an audiologist,
15:58:20 we see children
15:58:24 far less often than therapists and teachers do.
15:58:27 What would've been the questions you would've wanted
15:58:30 this less frequent presence in your life
15:58:33 to ask you to foster joy?
15:58:41 >> This is Beth, that's a really good question and I don't
know if I have the right answer now.
15:58:46 I agree, back then the audiologist was very far and few
between
15:58:50 it was panic mode only when I was going.
15:58:56 I definitely think that something, as professionals, maybe we
need more audiologists in our foster joy
15:58:59 to help with some of those questions.
15:59:06 For me, I always felt really embarrassed because the first
question was, how long was the hearing aid on?
15:59:14 you know it. You have it on your computer records you don't
need me to tell you.
15:59:19 Just the grace of realizing...
15:59:22 Sometimes you have the data but sometimes
15:59:25 real life happens and...
15:59:28 10 minutes a day is about all I'm getting right now.
15:59:37 That sometimes has to be OK and I think parents need the
grace to make the mistakes and not feel judged
15:59:43 from it but that was a great question. Reach out to us! Help
us!
15:59:45 Help us with those answers!
15:59:48 >> Did you want to add something, Amy?
15:59:52 >> When you're raising a hurricane, that's not so easy.
15:59:54 Hearing aids go all over the place.
16:00:07 Just one thought about that, is the child benefiting?
16:00:12 Tell me an experience where was on and it felt like he was
making a positive difference.
16:00:15 It might not be that they are
16:00:18 responding to a word, it might be the child
16:00:20 notice someone's voice for the first time.
16:00:24 There might be other things
16:00:26 that are showing benefits that are not measured in the same
ways.
16:00:34 When we leave open-ended questions around it, what do you see
as benefits? Describe to me...
16:00:36 How is this working?
16:00:40 If there were little moments, even during those 10 minutes a
day when Harrison had them on,
16:00:44 Did you see evidence that this was
16:00:47 building in connection with you? That's one of the things
that happens

16:00:50 Early on as well.
16:00:53 Children are more into and with caregivers.
16:00:55 That's huge for families!
16:00:59 Checklist side, my child and I had these moments
16:01:07 when they were looking at each other and they had a
connection.
16:01:11 >> We are unfortunately at top of the hour, that went
16:01:13 by so fast. Thank you to all three of you
16:01:17 and to our captioner, our participants,
16:01:22 and a lot of people in the wings that no one ever sees
16:01:27 that help support the balancing act of these technological
communications.
16:01:31 Thank you to everyone. Remember, today's webinar was
recorded.
16:01:39 And will be on infanthearing.org
16:01:40 in the next couple of days.
16:01:47 You can point them there, or view it again or share it again.
16:01:50 As you go away, notice how your browser screen will change
16:01:53 once we ended this meeting
16:01:55 because it's going to pull up
16:01:59 a quick evaluation and a certificate generator.
16:02:02 If you want credit for having attended today's webinar,
16:02:07 you will be able to get that by completing the few evaluation
questions that are there.
16:02:12 Thank you everyone, and be joyful!