# The journey of being a parent of a child with a hearing loss can be confusing. Here are some practical tips to lead your way.

1. **Audiogram:** Take a picture of your child’s audiogram and save it as a photo on your phone.
2. **Bonding:** Sing, talk, read, touch, smile! Our little ones are children first.
3. **Build a Toolbox:** Your Family Connections Mentors can help your family gather tools and resources to help your little one achieve success along their journey.

# Celebrate: Give

yourself credit for what you have accomplished. You are your child’s number one cheerleader and support system.

1. **Communication Opportunities:** You will have many opportunities to communicate with your baby in many different ways. Take advantage of the opportunities that work for you and your family!
2. **Educate your family:** Don’t be afraid to educate your extended family if they don’t understand hearing loss.
3. **Keeping Hearing Aids on Your Baby:** [http://babyhearing.org/He aringAmplification/AidChoices/pra ctical.asp](http://babyhearing.org/He%20aringAmplification/AidChoices/pra%20ctical.asp)

 **Family Connections for Language and Learning**

**Serving Families of Children who are Deaf/Hard of Hearing**

**Affiliate Program of Parent to Parent of PA**



**For Parents of Deaf and Hard of Hearing Children!**

1. **Family Connections:** Our services provide families with an opportunity to meet with a Parent Mentor. A Parent Mentor is a parent of a child with hearing loss who is further along in their journey. Family Connections also offers families a chance to connect with a Deaf/Hard of Hearing Mentor. D/HH Mentors can answer questions about what it was like growing up Deaf/Harding of Hearing and are available to teach the first 100 ASL signs. Connecting with others who have shared similar experiences can have a huge impact on you as a parent and can truly benefit your little one! Our Mentors are trained to provide you with resources, website suggestions, and practical ideas for you to utilize with your child at no cost you. Call (717) 580-0839 or email agaspich@pattan.net to enroll.
2. **Language about hearing levels:** Learn more about the difference between Deaf, deaf, hard of hearing and hearing impaired. Make sure you choose a term that you understand.
3. **Measure progress:** Keep a list of what your child is doing so that you can look back and see progress. It helps to see everything your child and family has accomplished.
4. **Organize from the start:** Keep your papers in your Family Connections Care Coordination Plan from the start. Contact your Parent Mentor if you do not have one yet.
5. **Providers:** Create a list of providers on your child’s team and their phone numbers. File them in your Care Coordination Plan.
6. **Research:** If someone provides you with information or an opinion, consider asking them for research supporting their reasoning.
7. **Second opinions:** Trust your parental instinct.  If you think you need a second opinion, do not hesitate to pursue the expertise of another provider.
8. **Time:** Give yourself time to experience the range of emotions you may be feeling and time to take care of yourself. Don’t put it off. Find a way to make it happen!
9. **What should you ask your Audiologist and others?** Look up these tip sheets for questions to ask your audiologist and other professionals at: <https://www.cdc.gov/ncbddd/hearingloss/freematerials.html>