



Building Confidence in Children with Hearing Loss

Resources:



Self-Advocacy Skills



Confidence From Sharing Their Story



Building Your Child's Self-Confidence



Building Belonging Video

Why It's Important for Kids to Understand Their Hearing Loss:

- Boosts Confidence: They learn it's just one part of who they are.
- Builds Independence: They can ask for what they need in school and in social settings.
- Supports Learning: Helps them stay engaged and use tools that work for them.
- Reduces Confusion: Knowing "why" brings comfort and clarity.
- Encourages Connection: They can explain their needs and feel proud, not different.

How to Build Confidence in a Child with Hearing Loss

1. Start With What They Know

- Ask open-ended questions about their experience.
- Listen for clues—they may already notice differences.

2. Use Age-Appropriate Language

- Adjust how you explain hearing loss based on their age.
- For little ones, keep it simple and friendly: "These help your ears listen!"
- For older kids and teens, share more details, use accurate terms, and involve them in understanding their hearing and devices.

3. Use Visuals & Analogies

- Use toys, drawings, and comparisons to show how ears work and what happens when they don't. Example: "It's like having a puzzle with some pieces missing—you can still see the picture, but it's harder."

4. Name the Tools and Support

- Help them understand hearing aids, cochlear implants, or FM systems as helpful gadgets, not limitations.
- Let them touch, explore, and feel ownership over their devices.

5. Build Self-Advocacy Early

- Teach simple phrases like:
 - "Can you say that again, please?"
 - "I need to see your face when you talk."
 - "Can I move closer to hear better?"
- Praise them when they speak up for themselves.

6. Normalize the Experience

- Explore books, TV shows, and connect with other kids who have a hearing loss. **This list** includes books with characters who have a hearing loss.

7. Keep the Conversation Ongoing

- Let them express emotions and help them identify what they may be feeling.
- Reassure them: "Your hearing loss is just one part of who you are and you're awesome."