



MINNESOTA  
HANDS &  
VOICES™

# FOCUS

Supporting families with children who are deaf & hard of hearing

## Families Can Help Develop Social-Emotional Skills

What does social-emotional health mean? The National Scientific Council on the Developing Child, 2004, puts it simply as, “The core features of emotional development include the ability to identify and understand one’s own feelings, to accurately read and comprehend emotional states in others, to manage strong emotions and their expression in a constructive manner, to regulate one’s own behavior, to develop empathy for others, and to establish and sustain relationships.” This content-packed sentence highlights the great affect social-emotional health has on our relationships and overall quality of life.

Families are the first and most important influence on a child’s social-emotional development. For the most part families naturally fulfill this responsibility by simply being responsive to their child’s needs and providing a safe environment to grow and learn. As children grow older, their social-emotional development continues through their experiences and interactions with extended family, teachers, sports, activities, peers, friends, community leaders, media personalities, and many other life experiences. As parents it is important to encourage our children to expand their circle of influence and to find more ways to support their social-emotional growth. The goal is to raise happy children who become positive contributing members of our society.

How is social-emotional health different

for children who are deaf or hard of hearing (dhh)? It is NOT different for children who are dhh and families are still the number one influence on their social-emotional development. What is different for a child who is dhh is their access to language. Language access for communication, both expressive and receptive, is key critical to building strong social-emotional skills and reliant on a child’s ability to hear or “listening bubble”.

“Children typically learn social skills with little effort starting at a young age. These skills are shaped by children watching others and having other people react to their behavior. How we learn social skills is based on very subtle cues, such as facial expression, body posture and quiet auditory cues. Because of their smaller “listening bubbles” children who are dhh do not pick up language and the subtle aspects of interactions going on around them as fully as their peers with typical hearing,” [successforkidswithhearingloss.com/for-parents/social-skill/](http://successforkidswithhearingloss.com/for-parents/social-skill/)

★ What can families do to better support the social-emotional development of their child who is dhh? Families can take a deliberate approach and contact outside resources. A few ideas to start developing your child’s social-emotional skills:

- Learn to communicate with your child who is dhh. Figure out what works best for your child and your

*How Families Can Help Develop Social-Emotional Skills continued on page 2.*

Look for this ★ for MNH&V Events that are relevant to the topic in the article. Find more events information at [mnhandsandvoices.org/news-events](http://mnhandsandvoices.org/news-events).

### Saturday, March 17

Putting Parents in the IFSP/IEP

**10:00 am to 1:00 pm**

Fergus Falls Area Family YMCA

1164 Friberg Ave., Fergus Falls, MN

### Saturday, April 14

“I Wish I Knew Then What I Know Now”: Students & Parents Share

**10:00 am to 12:00 pm**

Melrose High School

546 5th Ave NE, Melrose, MN

### ★ Saturday, April 21

How Board Games Build Skills: MNH&V Event at Charting the C’s Conference

**1:00 pm to 4:00 pm**

Arrowwood Resort

100 Arrowwood Ln NW, Alexandria, MN

### ★ Saturday, April 21

Mindfulness & positive social well being in school-aged children

**9:30 am to Noon**

Lifetrack, 709 University Ave. W.

St. Paul, MN

### Monday, April 23

Understanding IEP’s

**5:30 pm to 7:00 pm**

Myers-Wilkins Elementary School

1027 N 8th Ave E., Duluth, MN

### ★ Monday, May 7

Students who are DHH in Mainstream Schools

**6:00 pm to 8:30 pm**

Lifetrack, 709 University Ave. W.

St. Paul, MN

*How Families Can Help Develop Social-Emotional Skills  
continued from page 1*

family and follow through. Commit to a communication plan, language, or modality, give it time and your communication skills will develop and in the process your child's skills will too. If you find at some point your communication plan is not the right fit for your child, don't be afraid to commit to a new plan. Do not give up; you will not regret figuring out the best way to communicate with your child.

- Contact your local school district to find out more about their special education program. They can provide you with resources and information to help guide education decisions. They will evaluate your child's needs and together with your family they will develop an Individual Family Service Plan (IFSP) or Individual Education Plan (IEP). Ask questions, listen, observe, and get involved in your child's education.
- Explore your child's options to amplify the sound they have access to. Increase the size of their "listening bubble".
- ★ Find other families who share your unique experience of raising a child who is dhh. Build a community of people who support your family and add to your child's community of safe people to socialize with.
- ★ Listen to adult role models who are also dhh willing to share their experiences and insight with your family.

In addition to the above list of deliberate ways families can help children who are dhh with social-emotional development, there are other ways families can help their child's inter-personal communication skills. These skills can make a lasting positive impact in their life.

#### List of eight activities:

1. Take turns telling short stories to each other.
2. Create scenarios with your child in which manners and courtesy should be used and have your child practice being courteous and polite.
3. Practice decision-making scenarios and strategies.
4. Take turns with your child giving each other instructions to complete a task.
5. Create scenarios in which your child has to use her words to communicate her wants and needs.
6. Encourage your child to share her belongings with others and practice asking others for permission to use their belongings.
7. Practice teasing scenarios with your child.
8. ★ Play board games, card games, or other types of games with your child.

List taken from online, *8 Fun Activities to Practice Social Skills with Your Child*, posted May 25, 2016, by Rachel Wise, [www.educationandbehavior.com/fun-social-skills-activities/](http://www.educationandbehavior.com/fun-social-skills-activities/)

There are endless ways a family can support their child's social-emotional development. As parents, you know your child best and can explore any number of ideas on your own. Just know that your family's expression of love and affection has been and always will be the universal way to best communicate with each other and the strongest foundation on which to build your child's social-emotional skills.

## Deaf Awareness Day

On Saturday, April 21, 2018 from 9 am to 4 pm help celebrate Deaf Awareness Day at White Bear Lake High School South Campus, 3551 McKnight Rd, White Bear Lake, MN. Hosted by Minnesota Association of the Deaf Citizens.

Perfect for families to interact with people from diverse fields of education, human services, arts, government, business, health care, religion, interpreting services, and more. Enjoy product demonstrations, concessions, and socialize with our MN Deaf/ASL Community. Over 40 vendors available and supervised children's activities are planned.

FREE parking and near by access to the bus line and Metro Mobility. Contact [DAD@minndeaf.org](mailto:DAD@minndeaf.org) for more information or sign up for exhibit set up.

## H&V FL3 Website Resources Launched

Hands & Voices (H&V) Family Leadership in Language and Learning (FL3) has a goal to ensure that EHDI programs, supported by federal funding in the United States, use research-based concepts known to support families of babies, toddlers and young children who are identified as dhh through newborn hearing screening.

The FL3 website offers articles and information on family-to-family support; family leadership; DHH adult involvement; and language, literacy and social-emotional development. Also, the latest information on research, webinars, and news.

Sign up to receive information and find contact information at [handsandvoices.org/fl3/index.html](http://handsandvoices.org/fl3/index.html)



## MNH&V Deaf Awareness Activity Patch Program

MNH&V offers a first of its kind Deaf Awareness Activity Patch Program for youth groups in Minnesota. Marie Pank, MNH&V NE Regional Parent Guide, developed this program for Boy Scouts, Girl Scouts, or other youth groups to help raise awareness and understanding of individuals who are dhh.

The program has five sections with a list of activities in each section. The amount of activities required to complete from each section is based on the age of participants. Grades k-3 complete one activity, grades 4-8 complete two activities, and grades 9-12 complete three from each of the five sections.

### The five sections cover a variety of topics:

1. Assistive Technology
2. Famous People or History
3. Communication Options
4. Diagnosis and Professionals
5. Social and Educational

\$2.50 per patch (includes shipping & tax).  
Ships in USA & Canada Only.

For more details and to order MNH&V Deaf Awareness Activity Patches go to [www.mnhandsandvoices.org/first-stop/deaf-awareness-patch](http://www.mnhandsandvoices.org/first-stop/deaf-awareness-patch)

## Calling All Parents to Nominate an Exceptional Individual for a High Five Award

The High Five Award is an opportunity for parents to publicly thank those who do more than expected on behalf of children who are deaf or hard of hearing (dhh). Parents are invited to nominate another parent, teacher, interpreter, medical provider, community advocate, role model, or anyone who inspires your family!

**Now through July 1st, MNH&V is accepting one nomination per family from parents.**

To submit a nomination for the MNH&V High Five Award we ask parents to reply to the questions below in 200 words or less by July 1, 2018.

- 1) What has the nominee done above and beyond what is typical for their role or profession?

- 2) How has this individual made an impact on your child and/or the community? Please include at least one specific example of their service.

Email your nomination to [mnhv@lifetrack-mn.org](mailto:mnhv@lifetrack-mn.org) and include in the subject line "High Five Award".



To assist our Advisory Board when choosing recipients, we ask for only one nomination per family per year.

MNH&V staff will compile and forward the submissions to our Advisory Board who will select one

or more winners to be announced at the metro MNH&V Family Picnic on Thursday, August 2, 2018. If a nominee and/or family nominating is from outside the Metro area and therefore not attending the picnic, recognition will take place in that community if they are selected.



Two of our latest MNH&V welcome blanket and teddy bear recipients

## Meet Lifetrack's DHH Role Model Sara Lundquist

"Looking back at my life now I know I couldn't hear well as a child," said Sara Lundquist. "I dreaded when anyone whispered to me, I knew I would never hear them."

Sara Lundquist grew up in the St Croix Valley area and, as a child, she had frequent ear infections. She had had many ear tube surgeries, which she believes contributed to her problems with hearing. In college she majored in Communicative Disorders and had the opportunity to test her hearing. She was formally identified as hard of hearing in college and wearing hearing aids was suggested, but she was not ready yet. It wasn't until much later when she became a mother and her hearing tested even lower that she decided it was time to do something about it.

"I waited till I had children and it just got too hard to hear them talk to me," Sara said. "I now wear hearing aids for my moderate severe mixed hearing loss."

Sara lives with her family in the western prairies of Minnesota in Benson. Sara and her husband keep busy cheering on their two children in Taekwondo, softball

and baseball. Sara works as a program director for KSCR radio in Benson, MN. She also has a radio show on each weekday morning called Sunrise with Sara.

"I have learned a lot about self advocating," she said. "I work in radio and I have found that accommodations work and you just need to ask."

Sara and her family got involved with Hands & Voices when their son was identified as hard of hearing. For Sara it is a great honor to be a Lifetrack DHH Role Model. She has learned so much from children who are dhh and wants to pass on that knowledge to other families.

One of Sara's favorite times of the year is during the County Fair when she enters her homemade goods for ribbons. She loves gardening, canning, and enjoys photography. Her dream is to bring home a grand champion ribbon. She feels canning is a "lost art" and loves to fill her pantry shelves with tomatoes, meats and other homemade goods. Also, she doesn't claim to be great at writing, but she enjoys writing her blog, [www.ausomemomma.com](http://www.ausomemomma.com).



Lifetrack's DHH Role Model Sara Lundquist

Sara's advice to families is, "If one thing doesn't work for you, try another way." She then added, "Working in radio with a hearing loss doesn't sound like they go together, but with a great boss and mentors it works and I love it."

Read more role model biographies and find information about Lifetrack's DHH Role Model Program at [www.lifetrack-mn.org/rolemodel](http://www.lifetrack-mn.org/rolemodel)



Students in the after school program, Girls on the Run located at Parkbrook Elementary School in Brooklyn Park, chose to make and donate fleece blankets to MNH&V as their service project.

Girls on the Run is a non-profit organization focusing on fitness as well as life skills, confidence, resiliency, and more. For more information about Girls on the Run visit [www.girlsontherun.org](http://www.girlsontherun.org).



## Girls on the Run Program, Parkbrook Elementary

## Thinking of Moving? Find the Right School District & Program for Your Child

### Parent to Parent POINTERS

If you are considering moving your family to a new community keep in mind that not all school districts are alike. Researching potential school districts online can narrow down your options, but will not provide enough information for you to make an informed decision.

To get the best understanding of how a school district approaches educating children who are dhh call and set up a meeting or a conference call with the Director or Assistant Director of Special Education. This is the person in the school district who can answer questions specific to your child's needs. Prepare for the meeting with a list of questions that are important to your family and child who is dhh. If possible both parents or at least two adults should plan to attend the meeting. At least one person should take notes during the meeting. It may help to invite another family member or family friend to the meeting to be the note taker. When it is time to make a decision the notes will help you recall the conversation.

Questions to consider asking the Director or Assistant Director of Special Education:

- How is a student who is dhh supported in the mainstream classroom?
- What experience or training do the mainstream teachers have working with students who are dhh or in understanding hearing loss?
- Do they have a special education program for students who are dhh?
- What is the school district's current population of children who are dhh?
- What communication modality is widely adopted and used by staff in for students who are dhh? Listening and Spoken Language, Cued Speech,

American Sign Language (ASL), combination approach, or can they accommodate all communication approaches?

- Are the mainstream classrooms or resource centers for students who are dhh equipped to take advantage of today's technology? Are FM systems, WiFi, Smart Boards, closed-captioning, or other appropriate equipment options made easily accessible to staff and children who are dhh? Is staff trained to work with the equipment?
- Ask if they have a process or a ready list of references of parents who have or had a child who is dhh and attended the school district's program. Listening to his or her story might give you an even better picture of how the school district's program works in practice.

Another important step to take in thoroughly researching a new school district is to go on a tour of the facilities. Go see for yourself where your child will spend the majority of their school day. Schedule the tour while classes are in session to better observe what your child's full experience might be. For this tour consider bringing your child who is dhh to go with you so they can get a sense of the space and the people. Before you go make a checklist of things that are important to you and your child to look for or observe.

School facilities tour checklist ideas:

- Is the space dedicated to students who are dhh or a mainstream classroom with adequate accommodations for students who are dhh?
- Is the space organized, clean and safe?
- Does the space have adequate lighting for visual communication or ASL?
- How are the room acoustics? Is the space optimal for auditory input and listening and spoken language?

- Does the space support the use of technology or is it technology-ready?

Observe the people who use the space, their interactions, and the relationships with each other and with the students.

- How do the students communicate with each other or interact together, if at all?
- How do the students communicate with the teachers? Are students and teachers respectful of each other?
- How does the staff communicate with each other? Does the staff seem to work as a team?
- How does the overall environment feel for learning?
- Ask to see other spaces used by students in the building like the cafeteria, playground, gymnasium, library, bathrooms, computer lab, music room, or art room.

Moving to a new community can be a very exciting time for your family. And with a little due diligence with the new school district the change can be a positive educational experience for your child who is dhh.



### MNH&V SOURCE

#### Keep Up to Date with the Latest MNH&V News and Events

Sign Up for the MNH&V SOURCE, which offers the latest news and events in the MNH&V community and other community organizations of importance to families who have a child who is dhh. To receive the MNH&V SOURCE weekly email, request to be signed up by email at [www.mnhandsandvoices.org](http://www.mnhandsandvoices.org)

## MNH&V Raising Readers Family Event



MNH&V Raising Readers Family Event, January 20, 2018, Coon Rapids, MN

## FREE Statewide Family Conference

On Saturday, May 19, 2018, attend a free family conference titled, Family Voices of Minnesota's Connecting Hearts and Raising Voices Conference. This conference is to provide families with information on advocating for their children and youth with special health care needs and/or disabilities.

The conference is located at the Doubletree by Hilton, Minneapolis North, 2200 Freeway Blvd. Minneapolis, MN.

The Keynote speaker will be Dr. Bill Schwab of the Institute for Patient- and-Family-Centered Care. Lunchtime entertainment will be provided by Kevin Kling, monologist and playwright.

The conference theme is family-centered care and the topics will cover Medicaid and Waiver Programs, medical home/care coordination and care planning, the IEP process and school advocacy, and more.

### Register now!

A few families from greater MN could receive a donation to cover the cost of mileage and/or lodging and metro families could receive assistance with transportation or child care. Donations available on a first come, first served basis.

Registration [www.surveymonkey.com/r/FamilyVoicesState-WideConference-5-19-18](http://www.surveymonkey.com/r/FamilyVoicesState-WideConference-5-19-18)

**Thanks for your contribution!**

**We rely on your generous support to build better lives for children who are deaf or hard of hearing.**

**Make a tax-deductible donation today.**

**DONATE**

# 2018 Summer Camps

## Spring Camp Cheerio

May 18-20, family  
Glade Valley, NC  
springcampcheerio.org

## CA H&V DHH Family Camp

May 25-27, family  
YMCA Camp Marston, Julian, CA  
cahandsandvoices.org

## Haven Acres Horse Camp DHH Summer Program

Weekly 90-min. sessions, all ages  
Hampton, MN  
www.havenacresmn.org

## AHIHA Hockey Camp

June 9-16, DHH players all ages  
Woodridge, Illinois  
ahiha.org

## Summer Camp

June 10-16, ages 12-17  
June 10-14, ages 6-11  
Deadline: May 1st  
Sulphur OK  
osd.k12.ok.us/dhac/

## ASL & Deaf Culture Immersion Week

June 10-16, ages 18+

## Catholic Family Week

June 17-23, family ages 3 & up

## ASL Family Week

June 17-23, family ages 3 & up

## KODA Children Camp

July 8-14, ages 8-10

## KODA Youth Camp

June 24-July 6, ages 11-13

## KODA Teen Camp

July 15-27, ages 14-16

## Deaf Film Camp

July 29-Aug 10, ages 13-16

## Bible Institute Camp

Aug 26 – Sept. 1, ages 18+  
Old Forge, NY  
www.campmark7.org

## Camp D.O.V.E.

June 10-15, ages 8-18  
Athens, GA  
campdove.org/index.html

## Listening & Spoken Language Camp

June 17-22, ages 4-17  
Nashville, IN  
hearindiana.org/

## Deaf Family & Friends Camp

June 17-23, family  
Pilgrim Point Camp  
Alexandria, MN  
uccmn.org/calendar/deaf-  
family-and-friends-camp/

## Deaf Children's Camp

June 24-29, ages 4-17  
Camp Alexander Mack  
Milford, IN  
indeafcamps.org

## Summer Camps

June 17-21, ages 6-16  
Spartanburg, SC  
scsdb.org

## Aspen Camp

June 21-July 8, ages 13-17  
July 25-Aug 2, ages 8-12  
Snowmass, CO  
aspencamp.org/

## CNI Cochlear Kids Camp

June 21-24, ages 3-18  
July 26-29, ages 3-18  
Estes Park, CO  
thecni.org/cochlear-kids-camp/

## Immerse into ASL! 1 & 2

June 23-30, July 5-13, gr 10-12  
Gallaudet University, WA  
gallaudet.edu

## Got Skills?

June 23-30, gr 7-9  
Gallaudet University, WA  
gallaudet.edu

## Young Scholars Program:

**Bison Brainiacs**  
June 23-30, gr 9-12  
Gallaudet University, WA  
gallaudet.edu

## Camp Talooli Session 1 & 2

July 1-7, July 8-17 ages 6-15  
Camp Talooli Day Camp  
July 2-13, ages 6-15  
Stayton, OR  
talooli.org

## Clarke's Summer Camp

July 8-20, ages 9-17  
Easthampton, MA  
clarkeschools.org

## Lions Youth Camp

July 2-6, ages 6-15  
Lebanon Junction, KY  
lccky.org/our%20camps.htm

## Camp Courage North

July 15-20, ages 7-17  
Lake George, MN  
Zach Orner  
ZachO@truefriends.org  
952-852-0101 x321

## Discover Your Future

June 23-30, gr 10-12  
Gallaudet University, WA  
gallaudet.edu

## Blackbox Theatre Camp

July 23-30, gr 9-12  
Gallaudet University, WA  
gallaudet.edu

## Explore Your Future, Sessions 1 & 2

July 7-12 & 14-19, gr 12  
NTI for the Deaf, Rochester, NY  
www.rit.edu/ntid/outreach/

## Camp Sertoma

July 8-13, gr 3-8  
East Gull Lake, MN  
www.campsertoma.com

## Sertoma Deaf Camp

July 8-13, ages 7-14  
Camp Marvin Hillyard  
Easton, MO  
sertomadeafcamp.org

## South Camp Teresita Pines

July 15-21, ages 7-15  
Wrightwood, CA  
lionswildcamp.org/schedule/

## TechGirlz

July 21-26, gr 7-9 girls  
NTI for the Deaf, Rochester, NY  
www.rit.edu/ntid/outreach/

## TechBoyz

July 21-26, gr 7-9 boys  
NTI for the Deaf, Rochester, NY  
www.rit.edu/ntid/outreach/

## Health Care Careers

**Exploration Camp**  
July 21-26, gr 10-12  
Rochester, NY  
www.rit.edu/ntid/outreach/

## Wisconsin Lions Camp

July 22-27, ages 6-17  
July 29-Aug 3, ages 6-17  
Aug 20-24, ages 18+ adults  
Rosholt, WI  
wisconsinlionscamp.com

## EX.I.T.E. Camp

July 30, Aug 1, 3, 7, & 9  
girls gr 6-9, 9am-4pm  
PACER Center, Bloomington, MN  
pacer.org/stc/exite/Camp.asp

## Camp Pacifica

July 22-29, ages 7-15  
Ahwahnee, CA  
camppacifica.org

## Camp HERO at Camp Victory

July 29-Aug 3, ages 6-17  
Millville, PA  
www.gocamphero.org/news/

## Camp Ross Relles

Aug 5-11, ages 7-15  
Nevada City, CA  
lionswildcamp.org/schedule/

## Sanneh Foundation FREE DHH Soccer Camp

August 13-16, ages 5-12  
1pm-3:30pm  
Phalen Recreation Center  
St. Paul, MN  
Emily Manson, emanson@  
thesannefoundation.org

This list includes Summer Camps available acrossed the country. Summer Camps located in Minnesota and Wisconsin are highlighted in red.

**Watch for additions to the 2018 Summer Camps list in future MNH&V FOCUS Newsletters or in the MNH&V Weekly SOURCE.**

**Lifetrack**  
709 University Ave. W.  
St. Paul, MN 55104-4804



MINNESOTA  
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Minnesota Hands & Voices FOCUS Newsletter

March-April 2018

**Family Event**

Questions? Contact Anne Barlow at [AnneB@lifetrack-mn.org](mailto:AnneB@lifetrack-mn.org) or 651.265.2400

## Students who are Deaf or Hard of Hearing in Mainstream Schools

**Presenter: Sheri Cook, Director of Gallaudet University Regional Center for the Midwest at John A. Logan College**

**Date: Monday, May 7, 2018**

**Time: 6:00 to 8:30 pm**

**Where: Lifetrack, 709 University Ave West, St. Paul, MN**

Ms. Cook will discuss her personal experiences as a person who is dhh going to different mainstreamed educational settings. She will explore various ways students who are dhh in the mainstream can meet other people who are dhh and discover their deaf identities. Also, a great opportunity to meet some of Lifetrack's Adult Role Models who are dhh!

**Pizza & cookies will be provided, so arrive early for this rare opportunity to hear Sheri Cook**

Parking is available on the East & West sides of the building as well as across the street. Side street parking also available.

R.S.V.P. register via our website at [www.mnhandsandvoices.org](http://www.mnhandsandvoices.org)