

3 Strategies to Introduce Wearing New Devices to Your Kids with Hearing Loss

Alaine: [00:00:00] Welcome back to Raising Deaf Kids. This episode is for you if you have devices for your child and you're wondering how the heck to get your child to wear those devices. When you get the new devices, there's an introduction period. And today we're going to talk about three strategies to work through the new device period and encourage your kids to wear those devices as much as possible to get as much benefit as possible.

Alaine: Hey mama, welcome to Raising Deaf Kids. Do you want more ease in your daily life? Do you want to help your child learn language faster but have no idea where to start? Do you find yourself searching for how to learn sign language and best ways to practice speech goals? Hey, I'm Elaine. I'm a mom of three littles, two of whom are deaf.

Alaine: I remember when I received the hearing loss diagnosis for our child, there were so many decisions and information overload. I lacked clarity and [00:01:00] confidence and yearned for ease and balance in our lives. It was then that I discovered strategies to support our kids language development at home and I even helped them learn language faster.

Alaine: I can't wait to share it all with you. So put down that to do list, close out that ASL app for now, and let's get started!

Alaine: Did you know that I have a free community of women just like you, busy moms who want to help their kids learn language faster while still getting all of the things done in the house each day. In the community, we share strategies to help our kids learn language faster and lean on each other for encouragement and support in this up and down journey of hearing loss with your kids.

Alaine: If you haven't found your community yet, then welcome home, mama. Come join us at [facebook.com/slashingroupslashingraisingdeafkids](https://www.facebook.com/slashingroupslashingraisingdeafkids).

Alaine: I have to tell you guys, my five year old just got glasses. So we are just experiencing new [00:02:00] devices right now. He got his new glasses in this week. So we've got cochlears and glasses on his little head. It's so cute, but y'all,

I had honestly just about forgotten. What it was like to introduce new devices to kids that they're not used to wearing and how in the heck to get them to wear it.

Alaine: And I'm not talking about retention, like headband, headbands or keeping them actually on their heads. I got that. But like, keep getting them to wear them. Right. I mean, we went through this twice with the kids when they, the boys, when they were little with their cochlears and it just kind of eventually became second nature.

Alaine: For us and like putting them on. So I've already had experience for this sort of thing. And I know that in time glasses are going to become second nature for my son. I think he already recognizes that he sees better with them. But right [00:03:00] now they are more like play things to him. He wears them a little bit and then he needs a break and that's totally fine.

Alaine: He's getting used to it. His eyes are getting used to it, but like. Ah, the new device introduction period. I am feeling all of you parents who are trying to convince or encourage your little ones to wear those cochlears or those hearing aids or those Baha's or, you know, whatever your devices are for the first time.

Alaine: I get you. And now I'm remembering. So today. That's what I wanted to talk to you about. I've got a little bit of a list and this is going to be kind of very organic. I don't have much of like an outline this time. But about some things that I'm noticing this really third time around with, you know, keeping new devices on our kids were some things I'm knowing realizing this third time around and some things that I realized I kind of already [00:04:00] knew and I'm just kind of implementing with our child because we kind of already know the drill.

Alaine: At this point, but I thought it might be helpful because I hear from you guys all the time. How do I keep these things on my kids? Or, you know, how do I like encourage them to actually wear them? Like the audiologist wants my kids to wear these devices all the time, every waking hours. Don't worry. I'm not going to tell you to wear them every waking hour, but I am going to help you introduce these new devices to your child so that They can get the most benefit as possible.

Alaine: And so they can have a positive experience with their devices. So my number one, you know, I'm doing with my son and that we did when they got cochlear implants was you need to start slow. Okay. So at the beginning. It's a big change. It's a big change to wear these devices. It's a change getting

[00:05:00] used to wearing things on your head and having extra things up there or wearing extra things on your eyes.

Alaine: No, it's different. So you need to start slow. So at the beginning, within the first week or even the first couple of weeks, they may not wear them every waking hour. And that is okay. You need to start slow and work up to wearing them. Because there is a lot that your child is getting used to that you may or may not be thinking about.

Alaine: And with that, when you start slow, you can even, especially if you're going through this with a little bit over tired, you can set boundaries and time limits about when you can they'll wear their devices and so slowly increase from there. So set a time limit of today. We're gonna wear our, you know, devices at breakfast time, just breakfast time, like while they're eating.

Alaine: Great. You get through [00:06:00] that. Maybe they take them off. Maybe not. You try the rest of the day. Okay, so the next day or in a couple of days, you know, add on, we're going to wear them during breakfast time and we're going to wear them for 30 minutes after breakfast time and like set a timer. And then, you know, if they keep them on, you know, keep them on.

Alaine: That's great. If they take them off, that's great. Fine, like try again and just keep setting those time limits and expectations and slowly increase to wearing them all day or all day that they're like awake and not napping, right? So start slow and set those time limits and slowly increase those time limits because it gets your child used to wearing these things all day.

Alaine: I mean, think about if someone just gave you devices and we're like, okay, now you have to wear them all day long and you weren't used to it. It would be great. Weird. And, and it would be a little tiresome to wear them all day long, because don't forget when your child is wearing these devices they're hearing, and they're getting a lot of language [00:07:00] input that they aren't used to getting, so it's also tiring their brain.

Alaine: So there's a lot going on when you introduce new devices. So starting slow and saying time limits and increasing those time limits is a really great way to work up to wearing them all day long. Second thing that I notice is working for my five year old with his glasses is I'm putting on his glasses or his devices on during critical times when he will want to see and we did this when our babies were little and we're in their cochlears.

Alaine: We put the devices on their head during times when we knew that they would want to hear. You know, so if there's like something cool like music that you know that they would want to hear and that would grab their attention or like cartoons that you know, would be interesting for them to hear kind of slip those.

Alaine: Devices on during that time, because it shows them, Oh, hearing is really cool. You know, [00:08:00] like you can wear them and listen to this music or you can wear them and you can hear the cartoons and what they're saying, you know, kind of encourages them even more to wear them because they're like, Oh, I can hear like the cool things that I want to hear.

Alaine: You have to kind of convince them that They, they can hear better and better enjoy the things that they already want to enjoy. So put them on during the critical times that they're already like want to do something and hearing that thing would add like an extra layer of excitement and then like make a big deal about like, you heard that you can hear the music, you can hear them singing, isn't that cool, make a big deal about it and make it really fun.

Alaine: And that will encourage them to wear it more. Yeah, and that's what I'm doing with my kid with his glasses and that is I'm slipping the glasses on during times when like he's playing outside and he wants to see better to play outside. We went to the [00:09:00] park and on a hike today. And he wore them during like the whole time at the park and at the hike because he wanted to be able to see you where we're going, what we were doing.

Alaine: And so putting them on during those times that he's already interested is just encouraging him to want to wear them more and to want to see better. And the last one that I say introducing new devices to your child takes a lot of consistency, patience, and grace. You consistently have to keep putting the devices on your child.

Alaine: Every day, multiple times throughout the day, getting them used to it. You have to be patient because they will throw them off after a certain time. They'll not want to wear them all day. And you have to give them grace and understanding that they are experiencing something new and different. And it takes time to get used to stuff.

Alaine: Now, some kids it doesn't, [00:10:00] some kids it does. And so overall, that's really what it takes is consistency, patience, and grace for your child, and over time, your child will want to wear them you know, and that's how I know

that we're going to get through this hump with my kid with his glasses right now, as far as for me to get him to wear them.

Alaine: wear them sometimes, but we just got them like two days ago. So I get it. But you know, it was the same thing. When our kids got their cochlears for the first time, they didn't want to wear them. It took them a while to like build up to it, to learn language, to want to hear language. And at some point in the process, they started wanting to hear and wanting to hear their cochlears.

Alaine: And now both of my boys like, bring me their devices in the morning so I can put them together. You know, they're constantly, if they, the cochlears come off or something, they want them back on and they like motion to put them back on. Now they want to hear and keeping them on all day is no [00:11:00] problem for my boys now.

Alaine: So that's how I know that we are going to work up to this with our son with his glasses eventually, but it is just going to take. Consistency patience, and grace to get him to do that. And that's what I wanted to encourage you in today, that you can do this, you can keep them on, don't stress out if it's not all day at the beginning work up to it, be consistent, have patience, have grace, and you will get there.

Alaine: If you have any questions about encouraging your kids to wear their devices, keeping them on or anything else about hearing loss, then come join our Facebook group. We have parents and grandparents, teachers, everybody in there who are raising deaf kids or in the village of raising deaf kids. And I would love to hear from you.

Alaine: We would love to help you and answer your questions. So go to facebook.com slash group slash raising deaf kids. And I hope this episode calms your soul a little bit because I [00:12:00] know keeping these things on your kids is a big source of stress for parents. And so I hope this helps you realize that it is possible that it is going to take a little bit of time.

Alaine: And I know that as parents, we all want the best for our kids and kids, and unfortunately, especially kids with hearing loss, do not come with a handbook. But I just want to tell you that you are doing a great job because you are here. You're listening, you're learning, and you're trying to help your child.

Alaine: I am so proud of your efforts and I'm so glad that you're here and I will see you in the next episode. Bye.

Alaine: Hey mama, I hope you enjoyed today's episode. If so, would you take 30 seconds and subscribe to this podcast? I never want you to miss an episode and to be without valuable information to help you and your family. Also, please leave a quick written review for the show on Apple Podcasts. It lights me up to know this podcast is helping you.

Alaine: Now go check [00:13:00] off the rest of your to do so you can love on your family today. And I'll meet you here every Tuesday and Thursday for podcast episodes to support your whole family in language learning. Ciao mama.