

Create a Smooth Bedtime Routine Tonight with Your Child with Cochlear Implants or Hearing Aids

Alaine: [00:00:00] Welcome back to Raising Deaf Kids. So one of our Facebook group members mentioned and said currently we're struggling at bedtime and waking up with his cochlear implant. So I've heard this from parents before, and I know bedtime can be a little difficult with kids with cochlear implants or hearing aids because they typically don't sleep with these on, and so if your child wakes in the middle of the night or isn't easy to get to sleep, they can't hear you in the process of it all just to add an extra layer.

Alaine: And, you know, this is happening at the time of the day where everyone is the most tired and cranky at the nighttime bedtime routine. And the last thing we need are cranky pants, moms and kids. So today on the podcast, we're going to talk about how to make the bedtime routine a little more smooth for your child who wears cochlear implants or hearing aids.

Alaine: So let's get started.

Alaine: Hey mama, welcome to Raising Deaf Kids. Do you want more [00:01:00] 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 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 [00:02:00] 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/group/raisingdeafkids](https://www.facebook.com/group/raisingdeafkids).

Alaine: So I actually really like the bedtime routine. I know I'm like one of those weird parents and weird people but I love it because it's a chance to connect individually with each of my kids and to spend a little one on one time with them. So I started a bedtime routine with my kids when they were literally babies, like as soon as they were sleeping seven to eight hours, you know consistently at night.

Alaine: So about three to four months old, we started a bedtime routine and I've always found that to be a really sweet time of the day. Once we get everyone's cell down now, I know that's not everyone's case. I know bedtime is also cranky pants time and emotions are running high from everyone. I get it. You [00:03:00] guys And to add fuel to the fire, when you have a kid with hearing loss, they may not be able to hear you through some of it, which makes it extra more challenging.

Alaine: So today on the podcast, I want to give you three tips that have helped my kids with cochlear implants have a smooth transition to bedtime. So the first thing that we do to kind of light smooth out the process is we have a quiet together in our kid's bedroom. So what could this look like? This could look like reading a book together.

Alaine: This could look like playing with a toy quietly and calmly, or anything to settle down that does not involve a phone or a computer screen. So part of bedtime and making bedtime smoothly is what you do before bedtime. And kids need a settle down time just like adults, right? As an adult, you probably can't just Get in the bed and fall [00:04:00] asleep.

Alaine: I mean, I can, but I guess I have a special skill. I'm always a tired mom. I can get in the bed, go right to sleep, but my husband cannot. And a lot of people I know can't. You need a like settle down, get sleepy routine. So do your kids. They need to settle down. They can't just go from playing, doing all this stuff to like crashing in bed and going to sleep.

Alaine: That doesn't make any sense. That's not possible. So they need settle down time before bed, and they need to do this away from screens and away from other kids in the house and other stimuli. And this is also going to be a

really good time for you to connect individually with your child. And this starts getting them ready for bed, so when the actual bedtime gets here, it's easier because they are calmed down and ready for it.

Alaine: So what I want you to do to kind of start this settle down routine is I like to call it is I want you to pick a few favorite books and read them together. [00:05:00] This is also a big opportunity to practice language here. If your child doesn't like reading books, you can sit and talk about your day. You can sit and like color, do some stickers, anything that is calming and relaxing.

Alaine: Number two, the thing that helped, another thing that helped my kids have a smoother transition is we explained what's going to happen during the rest of the bedtime routine once their cochlear implants come off, or if your child has hearing aids, once their hearing aids come off and they can no longer hear you.

Alaine: So you want to prepare your kids for the rest of the bedtime routine so when their cochlears or hearing aids are off and they can't hear you, they know what the next steps are going to be and they know what's coming. Kids like to be prepared for stuff. They like to know what's coming. And once those devices come off, they can't hear you and it's harder for you to explain the process and like what's happening to them.

Alaine: So I want you to talk about it before [00:06:00] they take them off and before they go to bed. Talk about it like this, say we're going to take off the cochlear or your hearing aid. I'll lay with you for a little bit and then you can lay with your stuffy and I'm going to leave the room and let you go to sleep. If you wake at night, hug your stuffy and mommy will begin to check on you.

Alaine: Right, so this just kind of explains them and walks them through what's going to happen for the rest of the night and what is the plan if they wake up at night which we're going to talk about in a second. And you know, they have their devices off and they can't hear and they get scared. What's going to happen in that case.

Alaine: So they know. What to do next at that time. And number three, what happens if the kids wake at night? Okay, this is a very common question I get for parents and you know, we went through this too. And I want you to tell you that this is normal for all kids. In fact, all of us wake up at night in between REM cycles, sorry, sleep cycles.

Alaine: But the difference is adults just roll over and we go back [00:07:00] to sleep and a lot of times we don't even notice that we woke up. Kids are still learning and they don't always know to go back to sleep. So they wake up in the middle of their sleep cycles and sometimes they're not really sure what to do, but they're still kind of sleepy and tired, like they're not fully awake.

Alaine: So that's why they're stuck. They start crying. They're not always scared. They're just unsure about what to do next because they woke up and they really want to be asleep actually. So if your child waits at night, number one, remember that they can't hear. And that being said, here's my tip. When you hear them crying, wait a minute or two just to see if they will go back to sleep themselves.

Alaine: They do need to eventually learn how to go back to sleep on their own, and they will learn how to do that if you give a little bit of wait time. But if they don't go back to sleep, they're still fussing, do not bust into the room in a panic. Okay, give them time to soothe themselves. And if that doesn't work, then [00:08:00] quietly and calmly go into their room, give them a quick kiss, give them their stuffy, and then leave the room.

Alaine: Leave the light off. Do not rush in. Do not. Get them out of bed, pick them up, do not make a big commotion, do not turn on the lights, because that wakes them up, and then you actually do have an awake child, and the problem is, it's your fault. Like, you woke them up. Okay, so if they're fussing, they're probably mostly still kind of asleep.

Alaine: And you want to keep them sleepy, and you want to keep them asleep. Okay? And, you know, we know that the challenges with deaf and hard of hearing kids when they wake up, they can't always hear you. And so you do want to be attentive if they're crying too much, you know, to go in there and just put a hand on their back and let them know that someone is there and since they can't hear you, you do have to do that physically, but do that in a quiet, calm, lights off way so that they can easily go back to sleep.

Alaine: And [00:09:00] that should help soothe them back to sleep at night. It might take a few nights. Okay, so you may have to do this for a few nights in a row before they get settled down enough. But they will learn how to do this. They will learn how to put themselves to sleep if you give them the support like this.

Alaine: And that's what we did with our kids. And that is all these things, these steps have helped us manage a bedtime routine. And I know for a lot of parents

managing bedtime routines can be a little hectic, but I want to also offer you that it can be a really sweet time depending on how you play it.

Alaine: It is a chance to really connect with your kids. You know, your child, which is what I love about it, especially when you have multiple children is a chance for my husband and I to connect with each of our children individually and check in with them individually without the other kids, you know, bothering or distracting.

Alaine: So I want you to try these tips tonight that we talked about and then come into the Facebook group and let me [00:10:00] know how it went for you. If you need any other help, or you have any questions about this bedtime routine thing, come join the Raising Deaf Kids Facebook. We have weekly coaching quickie threads in the group where you can ask your question, any question, and you could get a quick answer to make your day more successful and get you results faster with your child.

Alaine: I hope this episode today you know, gave you some really great tips to hopefully make bedtime a little easier tonight or a little easier this week. And I know as parents, we want the absolute best for our kids. Unfortunately, kids and kids with hearing loss don't come with a handbook. And I want you to know that simply by being here and listening, you are doing a great job as a mom because you're learning and trying to find better ways to help your child.

Alaine: I am so proud of your efforts and I'm so glad that you're here. And friend, I want to tell you one more thing. I want to hear from you. I have a really fun way for you to get a quick one minute coaching quickly, coaching quickie[00:11:00] from me. Leave me a message on SpeakPipe. You can ask a question and I'll answer it live on the podcast.

Alaine: Thanks. Thanks. Or you can let me and others know how the podcast has impacted you and your family. I'll air your message live on the podcast each week so you can be a little insta famous on the podcast. So go to RaisingDeafKids.com contact right now to leave me a message. And I hope you have a great rest of your week.

Alaine: I'll see you next week.

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 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. [00:12:00] Ciao mama.