



# Fostering Joy

## Resources:



[Welcome to Holland](#)  
(A parent's poem)



[Fostering Joy](#)



[How to Find Joy in Difficult Times](#)



[Fostering Joy Webinar](#)  
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Fostering Joy is a collaborative effort between two organizations, The Institute and Hands & Voices (HV). It is a professional and parent movement. HV focuses on the support and awareness around Fostering Joy to parents whereas The Institute provides information and support for professionals.

- The Fostering Joy movement celebrates the magic of raising children who are deaf/hard of hearing (DHH).
- Joy is an intense, temporary feeling of positive emotion as a result of a just right fit between our identity and the moment we're experiencing.
  - Joy is an inner feeling. Happiness is an outward expression. Joy endures hardship and trials and connects with meaning and purpose. A person pursues happiness but chooses joy.
- Parenting is a journey. When our parenting journey shifts from what we expected it to be it can lead to feelings that we weren't planning on having. Thinking and talking about these feelings is a healthy way to accept this part of your family's journey.
  - Fostering Joy recognizes that raising a child who is DHH can be challenging; yet, even in the midst of challenging times, it is possible to find joy.
- Research shows that where you focus your attention, you "re-wire" your brain. When you purposely create moments or habits of focusing on joy you can create kind attitudes towards yourself, others and your situations.
  - *"The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives"* - Russell M. Nelson
- Enjoying joyful moments with your child and recognizing their amazing growth as they learn and develop new skills can be intentional acts of fostering joy.
  - Focusing on joyful moments helps put aside concerns and focus on their natural and loving parent-child connections.
- The Fostering Joy goal is to build and encourage loving and supportive interactions in everyday moments. Ideas to foster joy:
  - Find something to be grateful for everyday, share it with your family or record it in a journal.
  - Set aside time for something that you enjoy and share it with your child such as reading, gardening, exercising or going for a walk.
  - Find a joy buddy. This is someone who will commit to your joy habit and will encourage you on the harder days.
- HV Fostering Joy journals are available in both English and Spanish. A kids journal is also available. The Fostering Joy QR code will take you to a webpage where you can find the journals and more information.