

Illinois E.A.R.S

E.A.R.S = Events And Resources Statewide

Teletherapy Tips from the Trenches

Everyone knows that participating in teletherapy can be a bit of a challenge. That's why on August 26th, IL Guide By Your Side hosted a webinar for parents and professionals to learn some tips from the trenches. Michelle Havlik, a certified speech-language pathologist and auditory verbal therapist presented with Laura Kowalski, a mom with a deaf-child who actively participates in teletherapy to share their experiences in the hopes of helping others. Below is a recap of some of the great tips they shared.

Planning for a session:

- Plan activities and exercises prior to the session. Gather all necessary materials in advance so you don't have to go digging for toys during the session.

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GUIDE BY
YOUR SIDE™
ILLINOIS

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HANDS &
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- Set aside special "therapy toys." Use these items in sessions to make them more fun and keep the motivation strong for little ones. Kids love playing with something "new" or different from what they're used to.
- Choose devices, time, and location in advance. Schedule sessions when your child is at their best and there are the least amount of distractions. Turn off appliances, music, TV. Pick a location that's free from background noise, highly desired items that won't be used in the session (i.e. parents bedroom or office where there are not a lot of toys). Place highly desired items that won't be used in the session out of sight. Decide if siblings will participate or not.
- Set expectations. Remember kids have off days and getting them to engage online isn't easy. Give yourself grace. You can do this!
- Maximize auditory signal. Use speakers or assistive hearing technology for best sound quality during the session.

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February 28–March 2, 2021
Duke Energy Convention Center
ehdimeeting.org



Promoting Accessible Language During the Holidays

The holidays are all about reconnecting with family and friends to celebrate the season. Although it's a joyful time, gatherings during the holidays can be overwhelming for people who are deaf or hard of hearing as they try to navigate environments with a lot of competing sounds.

When you're the parent of a child who is deaf or hard of hearing, it can feel a bit uncomfortable when you are instructing other adults to communicate with your child effectively, almost like you're telling them what to do. For the most part, though, people *want* to make sure that they are communicating in a way that your child can understand without overwhelm, so keep that in mind as you prepare for the holidays.

Also, information is especially effective when it comes *from* the child. Having your child create a short video, info sheet, or slideshow is a great way to promote their self-advocacy skills. Even for small children who can't read or write this way, creating videos with you or sending out a little card "from" them is a great way to keep everything focused on your child and not on "rules."

Here are some ideas to promote accessible language for your child during holiday gatherings:

- Record videos of a few signs or cues that you use a lot during the holidays. Send out in advance so people can learn before your gathering.
- Limit competing background noise, like music and a movie playing at the same time.
- Use the caption feature on TV shows and virtual meet-ups.

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12 Gifts Ideas for 12 days to Christmas

1. **Farm animals.** Help with Learning-to-Listen sounds. So many ways to play with these toys and give language opportunities! Putting them in, on the barn. Putting them in sensory boxes. Putting them in, on cars/tractors, washing them. Any brand works. Even bath toys! Here's a cute set that also helps with fine motor --> shorturl.at/aexU2
2. **Zoo animals.** Elephants, lions, tigers, and bears oh my! So many great sounds and language opportunities. Bonus points if you can find big and little ones to teach sizing concepts like this one --> shorturl.at/bewAY
3. **Teddy bear sorting, counting game.** Perfect for learning colors, sorting, concepts like few/many. https://www.amazon.com/dp/B01DFRDDTY/ref=cm_sw_r_cp_api_i_7WIIFb6DAXHD2
4. **Magnatiles, blocks for building.** Stacking helps with fine motor, putting things on/in, sorting by color. So many rich language opportunities with these toys!
5. **Baby doll.** Great for learning body parts, clothing vocabulary words, possessives. You can easily add implants/hearing aids to dolls with plastic heads. Just grab some puffy paint to match your child's.
6. **Doll house with furniture and people mom, dad, boy, girl.**
7. **Puzzles.** You can practice speech sounds ba-be-bi-bo-bu with each puzzle piece. Depending on the subject, you can expand vocabulary words by matching the visual with auditory cues.
8. **Nesting dolls.** Practice zipping, tying, buttoning and learning sizes. <https://www.amazon.com/Dress-To-Nest-Cloth-Dolls-For-Children/dp/B0035Y5KJY>
9. **Kinetic sand, playdough, slime.** Sensory play that helps engage little fingers and keep them active while listening and learning. Can put animals in the sand, build shapes, learn colors, etc.
10. **Play food, tea set, dishes.** Build vocab and par-tea!!!
11. **Animal magnets.** Another fun way to play, listen, and learn animal sounds and words.
12. **Books, books, books!!!**
 - Baby Loves the 5 Senses: Hearing" - Describes the hearing process and even Cochlear Implants and Hearing Aids!
 - "My First 100 Words"
 - Picture look and find books great for vocab building and listening for multiple critical elements.

Written by Laura Kowalski, IL Hands & Voices Guide by Your Side Parent Guide

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- Don't try to talk over noises like the blender, vacuum, etc. Just wait until it's done and pick up where you left off.
- Be sure to face the person you're talking to.
- If you're wearing masks, try to find clear masks, if possible.
- Don't get frustrated or say "nevermind" if you are asked to repeat several times.
- During virtual meet-ups, be sure to talk one-at-a-time and mute when you're not speaking, so that the speaker view doesn't switch and make it difficult to lip-read or know who is talking.

Pick and choose the strategies that work best for your child, and have fun sharing with family and friends to give them the tools they need to best connect with your child during the holidays!

Written by Amy Keslinke, IL Guide By Your Side Parent Guide



Congratulations to IL Guide By Your Side Parent Guide, Andrea S, who is celebrating once again by promoting to the SENIOR guide role within our parent to parent support program. Andrea has been with our program since 2018 and is also the Vice President on our IL Hands & Voices Board.





Become a Member of Illinois Hands & Voices Guide By Your Side?

☺ Free or discounted entry to all of our events

☺ Access to a private Facebook group for members only

☺ Quarterly Nationally Published Communicator Newsletter mailed to you

☺ Your membership helps support the Guide By Your Side Program



www.ilhandsandvoices.org/become-a-member

Annual Family Membership: Only \$25

Other membership types also available

SIGN UP TODAY!!

20-21 VIRTUAL ASL CLASSES

FOR LAKE, MCHENRY, AND COOK COUNTY ILLINOIS RESIDENTS

CLASSES OFFERED IN
ENGLISH AND SPANISH!

ASL CLASS INFORMATION

THREE EIGHT WEEK SESSIONS OF ASL CLASSES FOR TEENS AND ADULTS WILL BE OFFERED AT MULTIPLE SKILL LEVELS. A PARENT ASL CLASS IS ALSO OFFERED FOR THOSE WHO HAVE CHILDREN THAT USE SIGN LANGUAGE. IF YOU ARE INTERESTED IN JOINING A CLASS, YOU WILL NEED TO REGISTER ONLINE.

FOR INQUIRIES, PLEASE CALL
1-847-680-8320 OR EMAIL
ASTOCKWELL@SEDOL.US.

ONLINE REGISTRATION LINK:
[HTTP://BIT.LY/FALLASL2020](http://bit.ly/fallasl2020)

REGISTRATION ENDS SEPTEMBER 11, 2020



WEDNESDAY
EVENINGS

6:00 - 7:30 PM

THREE 8 WEEK
SESSIONS
BEGINNING:

SEPTEMBER 16, 2020

JANUARY 20, 2021

MARCH 31, 2021

SIGN CLASS FEE

\$50 FOR 8 WEEKS
FREE FOR SEDOL PARENTS!

PAYMENT

CHECK MADE OUT TO JOHN POWERS CENTER
SENT VIA MAIL TO:
ALYSSA STOCKWELL
C/O JOHN POWERS CENTER
201 W HAWTHORN PKWY
VERNON HILLS, IL 60061

30 Days of Thankful for Kids

Each day think of something that you are thankful for in your own life. We have so much to be thankful for, but we do not always take time to stop and think about it. Write down in the blank column what you are thankful for that day. If you choose to call and tell someone thank you or write a note of gratitude to someone, that will help brighten their day, but you do not have to do this. At the end of the 30 days, you can look back and see what makes you smile and helps you stay positive! Let's get thankful.

Today, I am thankful for:

1	A family member	
2	A hobby	
3	An ability I have	
4	A food	
5	Music	
6	A part of nature	
7	Something that makes me laugh	
8	Technology	
9	A season	
10	Clothing	
11	A friend	
12	A special memory	
13	Myself	
14	A comfortable location	
15	A pet/animal	
16	A book	

17	A vacation memory/wish	
18	A certain smell	
19	A sweet treat	
20	A teacher	
21	A song	
22	Transportation	
23	An accomplishment	
24	A role model	
25	Dream	
26	A sport/activity	
27	Holiday	
28	A feeling	
29	A color	
30	Someone who loves me	



More than a Wild Goose Chase

On September 25, we hosted a Virtual Scavenger Hunt for families. We had 7 families participate, along with some of our Parent Guide families who were the hosts of this fun event. Everyone had such a great time! Families were given groups of 5 items to find and bring back to the screen. It was a race against one another and the kids quickly learned how to find the items and announce their return to win the round. We found items like toys, food and items of a certain shape or color. In our final round, we had fun finding everyday items from 2020, like masks, hand sanitizer and toilet paper. While virtual family events are not the norm, we thank everyone who participated in our event and we hope to see more of you in future virtual events until we can get back to in-person.

If you were not able to attend, please feel free to use the following list to have your own family scavenger hunt!

- Bottle
- Art work
- Stuffed animal
- Kitchen utensil
- Food related to fruit
- Building material
- Baby blanket
- Picture of someone
- Favorite item in blue



Ilena enjoying her well earned prize!

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Mood-Boosting Tips for Families During the Pandemic

Feeling connected to the people and world around us is a key part of good mental health. After months of physical or social distancing for COVID-19, families are still spending less time with others to help keep the virus from spreading. If spirits are sagging in your home, here are some simple steps that may help lift everyone's moods.

Lighten up

Sunshine can help brighten mood. Try to spend 30 to 60 minutes outdoors daily with your children and other members of your family, whenever possible. Bright lights, especially in the early morning, can also help.

Get plenty of sleep

Try to help your children stick to bedtime routines so they get enough sleep each night. Some ways to help promote relaxation and a good night's sleep:

- A shower or bath before bed
- A story, song, or relaxing music
- A back, hand, or foot rub
- A cool, dark room
- Using the bed just for sleep (not using your phone, watching TV or doing work or homework)



Talk it out

Talk with your children and teens regularly and be a good listener. Parents can also benefit from finding a friend or family member to discuss worries and disappointments. If conversation cannot be in person because of social distancing, then connect by phone, video calls, or other virtual connection.

Help your Family Eat Wisely

Include protein-rich foods for breakfast and lunch. Protein helps keep your blood sugar stable and gives your brain the fuel it needs. Also, if possible:

- Eat foods rich in omega-3 fatty acids. Sources include fish (salmon, sardines, mackerel, herring); plants (flaxseeds, chia seeds, dark leafy vegetables, kidney beans, pinto beans, soybeans, walnuts, tofu); and certain oils (canola, soybean, walnut). Research suggests a diet rich in omega-3 fatty acids may help support mood.
- Choose plenty of vegetables, fruits, and whole grains. They contain vitamins, fiber, and minerals your brain needs.
- Limit junk food and fast food. They're often full of fat, cholesterol, salt, and added sugars, which can cause spikes and slumps in energy that may leave us feeling irritable.

Go for gratitude

Focus on the positive. For what do you feel gratitude or appreciation? Research shows that regularly expressing gratitude helps boost overall happiness, leading to lower rates of stress and depression. Help your child write down at least three people, places, events, or things each day that make them feel thankful. Keep your own gratitude journal, too!

Step it up

Help your children to exercise or play so hard they break a sweat every day. When we exercise, our bodies release chemicals that can help boost mood. Remember to choose activities that help them stay at least 6 feet away from people outside your household. Also, try to avoid anything that involves sharing equipment such as balls, bats, and playground equipment.

Lend a hand

Helping other people makes us feel better about ourselves. It can be as simple as calling a neighbor or family member who is home alone or putting up a sign thanking people who deliver the mail. Help your children come up with at least one kind act each day. Keep a journal of all the things you and your family do for others—even the little things.

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Coping with a new baby during the pandemic

Usually, new parents can seek out social supports and external help—but what happens now, when we are all restricted in our movements and our contacts? What happens when grandparents can't come over to help out, or when neighbors don't stop by for a cup of coffee? What happens when families are hit with sudden job loss, loss of child-care, and other restrictions resulting from the COVID-19 pandemic? Here are a few suggestions:

1. Try all the soothing tricks. Crying babies want to be soothed. You may need to try a few things, over and over, before they calm. Try holding them, feeding them, swaddling them, gently rocking them, singing to them. If these don't work, put the baby down and take a break. Be sure your baby is in a safe sleep environment (on their back on a firm sleep surface with a tight-fitting sheet, away from soft blankets, toys, pillows, and other bedding materials). While some babies cry for a long time, many parents are surprised at how rapidly babies will cry themselves to sleep.
2. Pay attention to your own needs. The challenges of new mothers can certainly feel overwhelming sometimes. Rest as much as you can—try sleeping when the baby does. Find time for yourself when your partner or other caring adult watches the baby. Put on your headphones, give a friend or relative a call, have a cup of tea, or just relax.
3. Connect with others. Social distancing during the COVID-19 outbreak can be isolating. Try video chats or social media to stay in touch. If you're a friend or relative on the receiving end of these calls, listen first before offering suggestions. Imagine you are with the young parent, they are crying on your shoulder, and you are offering reassurance without any words. Keeping this image in mind can help you provide the social support that all new parents need.
4. Use your "helpers." Engage older siblings as much as you can by encouraging them to be your special helpers, so they can help out in developmentally appropriate ways.
5. Seek help. Depression is the most common mental illness in the United States. If you had a history of depression before your baby was born, you may be at higher risk for postpartum depression. Speak with your provider

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Manage screen time

Make a family media plan and limit your family's exposure to TV and internet ads suggesting that buying things can make people happy. This will help limit messages about happiness that are false or unrealistic. It will also help you manage your family's exposure to upsetting news. Consider instead: reading, playing cards or board games with family members, working a puzzle as a family, playing music or singing together, making a video to share, cooking together, or taking a family walk or bike ride.

Keep in mind: our electronic devices can also be used to create and maintain healthy social connections during the pandemic. You and your children may consider participating in online educational programs, virtual visits with grandparents and loved ones at higher risk from COVID-19, and participating in virtual online community events. It's also good to become familiar with telehealth options offered by your doctor and your child's pediatrician in case health questions arise.

Address stress

Try meditating as a family or other relaxation techniques such as yoga to help everyone decrease stress and improve mood. There are helpful mobile apps that offer reminders to take deep breaths and other tips to relax. Time in nature may help too.

What if your child's mood doesn't improve?

Sometimes, steps like these aren't enough to improve your child's mood or reduce their anxiety. Be sure to contact your pediatrician if you are concerned that your child is struggling with stress or anxiety or if you are worried they might hurt themselves or someone else. Your pediatrician can also help determine if underlying health conditions or medications may be causing mood problems. They can also connect you with other health professionals such as a psychologist, psychiatrist, or social worker.

Shared from [Healthychildren.org](https://www.healthychildren.org)

IL Hands & Voices Guide By Your Side
"What works for your child is what makes the choice right"©

GUIDE BY YOUR SIDE

Providing unbiased emotional support and resources by trained Parent Guides to families with children who are deaf and hard of hearing.

To receive more information or to request a Parent Guide:

Call/Text: 224-343-1873

Fax: 866-695-3880

E-mail: ilhvgbys@gmail.com

WEB: www.ilhandsandvoices.org



GUIDE BY
YOUR SIDE™
ILLINOIS

We Provide:

- > Unbiased support
- > Firsthand personal experience
- > Compassion
- > Resources
- > Notice of upcoming events
- > Someone to listen and talk to
- > Opportunities to meet other families

For Whom?

- > Illinois families who have a child that is deaf or hard of hearing or hearing loss is suspected.

Cost:

- > Free!

Please fill in the information below and fax, text or email to us:

Name: _____ Date: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Child's Name: _____ Child's Birthdate: _____

How did you hear about us? _____

_____ I would like to be matched with a Parent Guide

_____ I would like more information about IL Hands & Voices, Guide By Your Side and resources

Please fax to 866-695-3880 or email to ilhvgbys@gmail.com



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ILLINOIS

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HANDS & VOICES™
ILLINOIS

ONLINE LEARNING GUIDELINES

for students who are deaf/hard of hearing



GUIDE BY YOUR SIDE™
ILLINOIS

ALWAYS BE PREPARED

Remember to charge your batteries every night and plug in your laptop/microphones so you are ready to learn every morning.



LIMIT YOUR BACKGROUND NOISE

- If you have something to say, raise your hand and wait until your teacher calls on you.
- Always keep your microphone muted until you need to talk.
- Always face the camera when you are talking.
- Use a big voice or make sure your hands can be seen to communicate.



USE YOUR ADVOCACY KNOW HOW

- Let your teacher know **IMMEDIATELY** if you cannot hear well or if your captioning or interpreter is not there or hard to view.
- Ask your teacher for slides and notes before each session, that way you can come prepared.
- Ask the teacher to wait after sharing their screen, this allows you time to get everything set to follow along.



ACCESSING YOUR SCHOOLWORK

- If possible have 2 screens available, this allows you to see the teacher and captions or interpreters at the same time.
- If you only have one screen, make sure you know how to view captions or interpreters and class at the same time.
- Link your computer to the TV so you can see everything on a larger screen.
- for a strong video connection plug directly in the router. Your parents can help with this.



KEEP YOUR DEVICE STILL



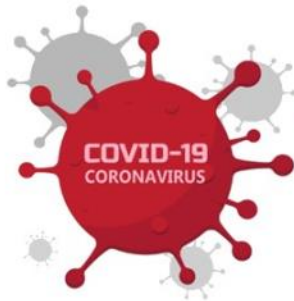
Keep your computer on a flat surface. Moving it around can make others dizzy and be hard for you to see what's going on.

HAVE GOOD LIGHTING

Make sure there is a light on your face so everyone can see you. Having a light behind you makes you look like a shadow to others in your class.



Illinois Hands & Voices Guide By Your Side
Questions? Email us at ilhandsandvoices@gmail.com



Online, Hybrid or In-Person Accommodation Guidelines

for children who are Deaf and Hard of Hearing

Face Masks

Face masks can create access barriers for students who are deaf/hard of hearing. When allowed consider using clear masks and or face shields whenever possible. This can be tailored to the needs of the child in each education setting. The IEP Team/504 Administrator will determine this.



Virtual Access

Make sure students have live accurate captioning or sign language interpreters while participating in live online activities. Communication Access stated in the students IEP or 504 should be provided during e-learning. Closed Captions should be provided on all pre-recorded webinars/videos and similar platforms when a student is required to watch pre-recorded videos.

Assistive Technology Needs

With remote learning, additional technology may be required for meaningful access to sound, captioning, and/or interpreting. These may include secondary laptops for displaying captions or interpreters and/or devices for sending sounds directly to their hearing technology.



IT Troubleshooting

Students should have readily available access to IT troubleshooting when technological supports such as captioning, interpreting, and Hearing Assistive Technology are not displaying or functioning properly. Back-up plans for when supports cannot be quickly fixed should also be in place. Keep in mind Education Audiologists should be the first point of contact for troubleshooting Hearing Assistive Technology.

Temperature Checks

Children with earmolds or in the ear hearing aids may show false elevated temperature readings when using ear thermometers. Consider using alternative thermometers or re-screen after earmold or hearing aid is removed from the ear for 10 minutes.



IEP Teams should work together to determine the accommodations and modification alterations due to Covid-19. Covid-19 should not limit the students access. Work with the IEP team or 504 administrator to make needed changes to the child's school plan.

Illinois Hands & Voices Guide By Your Side is here to help!

Questions? Contact us at ilhandsandvoices@gmail.com or 630-697-3544

HEAR to LEARN
BUILDING SUCCESS ONE STEP AT A TIME
Hearing - Language - Literacy

<http://heartolearn.org>

This user friendly learning resource is for parents and professionals to support spoken language learning for young children who are deaf or hard of hearing.

This website includes:

- Video tutorials
- Downloadable intervention materials
- Current research
- Communities

The website will continue to offer new learning resources, materials, and research - visit often!

Hullabaloo at the Zoo

On Friday evening, November 6th, IL H&V hosted it's 1st Virtual Family Reading Event! Eighteen families (24 children) participated in this fun event that included read alouds of Usborne's Hullabaloo at the Zoo and Kane Miller's I Say OOH, You Say AHH, a craft activity where the children made their own animal masks, and a music and movement time where participants were encouraged to sing and dance along with Animals in Action by Jack Hartman.

The Family Events Committee wants to extend a huge thank you to Thrivent for their generous donation of Action Team funds that allowed us to ship a copy of the book, Hullabaloo at the Zoo, and craft supplies to our participating families at no cost. We also want to thank Certified Deaf Interpreter, Hershella Ashford, for donating her time and interpreting expertise, helping to make our event accessible to all participants. We look forward to offering more events such as the Virtual Family Reading Event in the future!



(Continued from page 8)

- sooner rather than later to help foresee this potential condition. Many doctors, nurses, and mental health providers are now set up for telehealth visits and may be able to help you by video or phone.
- Reach out. If you are a friend, relative, or neighbor to a family with a newborn, this is the time to reach out. Think about ways you can help. In addition to social support, can you buy diapers or other baby supplies? Can you drop off food or treats for the siblings or adults? Can you safely supervise older children outdoors? Maybe they could come along with you when you walk your dog!
- Help a co-worker out. If you are a co-worker of a parent returning to work (especially during social distancing) after parental leave, be kind and supportive. If you see or hear the baby on the call, say Hi!
- Find a forum. New mothers may find it helpful to discuss their experiences with other new mothers. In addition to seeking help from friends, relatives, neighbors, and medical professionals, look for discussion forums and communities of moms dedicated to sharing problems, stories, and tips with each other online (see the list of resources below).
- Your pediatrician is here to help. Never hesitate to call for advice. Your pediatricians is an excellent resource for understanding your baby and your own needs, including those related to postpartum depression.

The nine tips above have been reshared from Healthychildren.org. Although these tips have nothing to do regarding your child's hearing loss we want to be able to support families in all areas of being a healthy and happy family especially with added stressors during a pandemic. Our team here at Illinois Hands & Voices, Guide By Your Side can understand the emotions, considerations and sometimes complications that come with raising a child who is deaf or hard of hearing. If you are not already working with a Parent Guide on our team and have questions regarding services, resources or needs that your child may have regarding their diagnosis we encourage you to reach out to us and connect with one of our Parent Guides. Working with a Parent Guide will provide you with a "go to" person to ask questions, find information and ask about their experiences raising their child who is deaf or hard of hearing. Our job is to offer unbiased support and empower families through resources and information. Our mission is to reduce the stress and uncertainty during this unplanned journey of raising a child that is deaf or hard of hearing. You can reach us at 224.343.1873 or through email at ilhvgbys@gmail.com.



SPECIALIZED CARE FOR CHILDREN

HOW WE HELP

The University of Illinois at Chicago's Division of Specialized Care for Children (DSCC) partners with Illinois families and communities to help children and youth with special health-care needs connect to services and resources. We guide families through their child's journey with a medical condition and work with doctors, schools and community groups to create a seamless support system. We assess a child's medical, social, behavioral, educational and financial needs and develop a personalized plan of care. This process is called care coordination and is **FREE**, regardless of a family's income level.

Our care coordination is tailored to each family and focused on their specific goals. It can include:

- Accessing diagnostic testing
- Finding specialized medical care
- Helping families maximize their insurance and understand their coverage/benefits
- Communicating with doctors and specialists
- Attending school meetings and assisting with the IEP or 504 Plan process
- Coordinating transportation for appointments
- Applying for grants to fund therapies, equipment or other needs
- Linking families with local charities, programs and resources
- Facilitating equipment orders
- Assisting with the application for federal and state benefit programs, such as SSI, Illinois Link Card and WIC
- Connecting families for parent-to-parent support
- Preparing for the transition to adulthood

Financial Assistance Available - We can also help pay for eligible medical expenses, such as equipment, therapies, supplies and medical services, when families meet income guidelines.

OUR IMPACT

Our care coordination makes it possible for families to:

- Feel more confident and organized in the care of their child.
- Understand and stay at the center of decisions about their child's care.
- Develop a stronger partnership with their child's doctors and specialists.
- Express their worries and concerns and address them productively.
- Effectively navigate the maze of resources and insurance coverage/benefits.
- Support and achieve their child's educational and vocational goals.

See Other Side for More Information

WHO WE SERVE

DSCC serves Illinois families with children up to age 21 who have or are suspected of having an eligible medical condition. Eligible conditions include, but are not limited to:

- Blood Disorders
- Cardiovascular Impairments
- Craniofacial & External Body Impairments
- Eye Impairments
- Gastrointestinal Impairments
- Hearing Impairments
- Inborn Errors of Metabolism
- Nervous System Impairments
- Orthopedic Impairments
- Pulmonary Impairments
- Urogenital Impairments

We also serve families who care for children and youth who require in-home shift nursing through the Home Care Program. DSCC operates the Home Care Program on behalf of the Illinois Department of Healthcare and Family Services (HFS). This program helps youth remain in their family home rather than a hospital or skilled nursing facility. Many eligible youth are also medically fragile and dependent on technology - such as on ventilators, tracheostomies and gastrostomy tubes - for their well-being.

Contact us at:
(800) 322-3722
dsccl.uic.edu



WHO WE ARE

The University of Illinois at Chicago's Division of Specialized Care for Children (DSCC) is a statewide program that serves children and youth with special healthcare needs and their families. Each state receives federal funds to improve the health of children and youth with special healthcare needs. DSCC has been the designated program for Illinois since 1937.

We have 11 regional offices throughout the state that help Illinois families in their local communities. Our staff includes social workers, nurses, speech pathologists, audiologists and other team members who are trained to partner with families to help them identify needs and connect them to the specialty care and resources they need for their child to reach their full potential.



"Any time I have a problem, I contact DSCC. If I can't figure it out, they help me figure out a solution, so I'm thankful I have somebody to turn to."

CHS

For 104 years, CHS has served the Deaf, DeafBlind and Hard of Hearing community with a wide variety of services & programs.

Interpreter Referral Services
VRI & Captioning
Youth Program
Domestic Violence Counseling
Victim Assistance Program
Audiology Clinic
Children's Hearing Aid Bank
Social Services and Advocacy

Parent Support
Free Amplified Phone Demonstrations
ARMED Mentoring Program
Deaf Mentor Program
Tax Program
DeafBlind Program
Sign Language Classes & Tutoring
ASL Tutoring

Interpreter services available 24 hours a day, 7 days a week.
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- Something that is a circle
- Item you can use at school
- Favorite book
- Playdough/Slime
- Something that starts with the letter "S"
- Diaper/pull up
- Toilet Paper
- Hand Sanitizer
- Disinfecting Product
- Face mask
- Gloves



We would like to congratulate the following families on winning a round and grabbing a fun prize: The Montes De Oca family, Rodriguez family, Perez family, Vargas family and Johnson family.

As you head into the winter months don't be afraid to think outside the box by having an outdoor, roadtrip or virtual scavenger hunt. Virtual scavenger hunts are also a fun way to "meet up" with family and friends online and get a little friendly competition going.

Written by Ramona Martin, IL Guide By Your Side Parent Guide

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Do you or your child have something to share? A new adventure or an accomplishment? They can be a part of our next newsletter! Stories can be submitted to ilhvghys@gmail.com



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Parent Tip Sheet Early Literacy Development

Literacy is the ability to read and write. You can help your child develop the skills he or she needs for later reading when reading storybooks, interacting with print, and associating sounds/fingerspelling in his or her environment. Building these skills early will help your child start school ready to learn to read!

Long before your child is taught to read in school, he or she starts developing the skills necessary for later reading. For your child to eventually read, strong language skills, basic knowledge about print, and an awareness of how words are made up of sounds/fingerspelled letters are needed.

There are many ways that literacy development in Deaf or Hard of Hearing (D/HH) children is similar to that in hearing children. However, D/HH children may be at a higher risk for experiencing delays or having greater difficulty learning to read. Here are some activities you can use with your child to promote early literacy development!



- ✓ Share books as early and as often as you can.
- ✓ Tell stories and invite your child to tell you stories. Example: "What happened at school today?" Start with a shared experience to help develop storytelling.
- ✓ Point out signs, e.g., McDonald's. Play games identifying the signs that you see. This is really early reading!
- ✓ In your community, look for signs that are familiar to your child. Point out the letters and words you see on the signs.
- ✓ Associate sounds/fingerspelling with letters as early as possible.
- ✓ Label everything in your home with words, pictures and/or signs.
- ✓ Play games with words starting or ending with a certain sound or fingerspelled letter.
- ✓ Sing songs and teach nursery rhymes to your child.
- ✓ Look at your child while reading, make sure the child sees the signing, the words and the pictures.
- ✓ Play games where you connect a picture/visual with a word.



*Share these with your Early Intervention providers/parent to parent support providers who have experience with children who are deaf or hard of hearing and discuss ideas on how to implement these tips with your child. <https://handsandvoices.org/2018/05/08/parents-tips/>

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Guide By Your Side is the result of a collaborative effort between the following: IL Hands & Voices and the IL Early Hearing Detection & Intervention (EHDI) Program.

Do you have a child who is deaf or hard of hearing age 36 months or younger?



You are eligible to get a **free** online class to learn American Sign Language!

To apply, visit www.infanthearing.org/signit



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During a Session

- Set up camera. Ensure therapist can see and hear your child.
- Make it dynamic and tactile. Keep it fresh. Change toys if/when your child loses interest. Have a few items like bubbles, magnatiles, etc. on hand to reward them for participating.
- Be proactive. Tell your therapist if you sense your child is ready to transition to the next activity, needs a movement break, or if you've lost their focus.
- Use the screen to your advantage. Have your therapist share pictures to engage your child if they start to wonder.
- Use siblings or not. Siblings can help to engage the child in therapy by taking turns and modeling target behaviors/sounds. Siblings can also be a bit of a distraction. You know your child/family best so maybe try a session with or without siblings.
- Take notes. You might think you're going to remember everything but chances are you won't. Have your therapist do a quick recap of activities and targets that you need to practice until the next session.

After the session

- Offer your child a break/change of scene. Virtual learning is hard for everyone. Getting outside, changing rooms, having a snack can help replenish their listening fatigue.
- Follow through on your exercises. Make lists of what you need to work on for other parents and family members to help. Place in a high traffic location like on the refrigerator.
- Incorporate therapy into daily routines. Schedule time everyday to "do-therapy." Ask your therapist(s) for suggestions on incorporating targets into daily routines like getting dressed, making food, cleaning up, etc.

Written by Laura Kowalski, IL Guide By Your Side Parent Guide

Illinois Hands & Voices, Guide By Your Side does not support or endorse any specific organization, communication or amplification choice. The information in this newsletter is to simply share with families and professionals the resources and events available to them.

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