

THE FIRST DAYS

AFTER DIAGNOSIS:

What Parents Commonly Feel



Hearing that your baby has hearing loss can feel overwhelming.

Many parents describe the first days as a blur of emotions—shock, fear, confusion, sadness, or even numbness. Some parents say they struggled to absorb information during those first conversations with doctors or specialists. This is completely normal.

You may find yourself asking many questions. What does this mean for my child? Will they eventually be able to communicate? What should / can we do next? These thoughts are common and understandable. A diagnosis can feel like your expectations suddenly shifted from under you.

Give yourself time to process. You do not need to understand everything immediately. It is fine to take-in information slowly and revisit it when you feel ready.

Most importantly, remember that you are not alone. Many families have walked this path before and found support, resources, and hope along the way. Professionals, parent groups, and early intervention services exist to guide you through the next steps. Your child is still the same baby you held yesterday—full of potential, curiosity, and love.