

# Highly sensitive children



Scientifically proven strategies to help children blossom in an overwhelming world

## What does highly sensitive mean?



**A normal genetically based temperament trait**

Highly sensitive children are born with a tendency to notice more details in their environment and to reflect more thoroughly on everything before acting.



**Not a psychological disorder**

Sensitivity is a common human trait.



20-30% of people are particularly sensitive.

## Signs of high sensitivity



Increased depth of processing



Awareness of subtleties



Ease of overstimulations



Emotional intensity

## Typical mistakes

Highly sensitive children need a structured, supportive and peaceful environment. They are usually uncomfortable in new settings, large groups and crowded places such as chaotic classrooms or competitive sports.



Do not tell your child that their feelings are wrong; avoid saying "don't cry", "you are taking it too seriously".

Do not compare them with other children.



Validate their feelings, for example by saying "I can imagine how you feel".

Try to gently encourage them to try new things.

## Coping strategies



Build up children's self-esteem.



Give sensitive children enough time to calm down and reflect.



Teach self-calming tactics.



Help sensitive children identify and express emotions.



Make routines.



Provide buffers to avoid overstimulations.



Prepare children step by step if change is coming.



IS A CHILD HIGHLY SENSITIVE?  
TAKE THE TEST ONLINE

<https://sensitivityresearch.com/self-tests/test-for-parents-and-children-8-18-years/>

Reference book: "The highly sensitive child" by Elaine Aron <https://hsperson.com>



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FOR FURTHER INFORMATION

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