

## Helping Highly Sensitive Children

It is important to reflect on your own feelings around sensitivity if you are truly going to help your child.

Sensitivity is the way in which one responds to or interacts with his or her environment. This is determined on a biological level

Evident in utero  
 Reactive nervous systems  
 Highly influenced by positive and negative environments  
 Sensory Processing Sensitivity  
 1 in 5 people may be Highly Sensitive.

DANDELION	ORCHID
<b>Less sensitive to the environment and thus able to survive and potentially thrive in less than ideal environments</b>	Survival depends on the environment, much like that of an orchid, which declines when neglected and flourishes when nurtured

Depth of Processing	Overstimulated	Emotionally Recative	Sensitive to Stimuli
<b>Inquisitive</b>	Brain absorbs more information	Deeply feel others emotions	Constantly attending to subtle stimuli
<b>Clever</b>	Meltdowns	Highly empathetic	
<b>Indecisive</b>			

This can all manifest in different ways: emotional sensitivity, picky eating, stubbornness, shyness, anxiousness, aggression, maturity, rigidity, perfectionism and compassion

There is no biological difference in men and women's sensitivity. 1 in 5 people are HS- evenly dispersed between males and females. Differences in self reporting may be due to societal and cultural influences. Highly sensitive boys need you to help them to nurture sensitivity

### Strategies

1. Foster High Self Esteem - HSC often engage in personalization - so feel inadequate or shamed easily. HSC are sensitive to positive environments. Presence, listening, nurturing passions. Making praise process orientated and specific.
2. Help to Calm - looking beneath the triggers/ co-regulate/ looking at your own mental health
  - Understanding Triggers:

Physical	Emotional	Novel
Tags on clothes	Attuned to others	Dislikes surprises
Fabrics	Connected to nature	Small changes in people
Volume	Moved by music/ movies	hesitant with new environments
Scents		

- Common Difficulties

Morning	Bedtime	Errands	School
Follow needs and preferences	Noise machine	Limit the number of errands	Meet and join with the teacher
Choose clothes night before	Blackout curtains	Talk to your child about the plan	See the classroom
Allow extra time	Carpets that muffle noise	Busiest errands first	Advocate for your child
	Bedding		
	Routine		

3. Prepare for the pauses - allow for extra time

4. Nurture outlets - Find your child's unique outlet

### Environment

HSC gain more and do better in a positive environment than non-HSP in the same positive environment. Creating a positive environment:

Simplifying	Caregiver Temperament	The why	Partner with the school	Foster Resiliency
Getting rid of clutter	Reflection	Look for the goldfish	advocate	Supportive environment
Pairing down choices		Discipline - to teach	explain	Taming and reflection
Being aware of scents and sounds				Nonverbal communication
Natural light				Positive language
				Gift of time

