

# Highly Sensitive Children



Between 15-20% of children fall into the category of highly sensitive children.



Approximately 1 in 5 children are highly sensitive.

**Highly sensitive children are not a problem to be solved but a gift to be nurtured.**

When highly sensitive children are in nurturing environments that match their temperament, they thrive, enabling them to tap into the creative, empathetic, and values-driven aspects of their heightened sensitivity.

## 6 Core Traits of Highly Sensitive Children

### **Emotional Sensitivity**

Intense emotional responses to various stimuli.

### **Environmental Sensitivity**

Strong reactions to various environmental factors.

### **Subtle Awareness**

Keen perception of small environmental details.

### **Deeply Empathetic**

Heightened capacity to understand others' emotions.

### **Affect Contagion**

Deeply impacted by the emotions of those around them.

### **Overwhelm Susceptibility**

Easily becomes exhausted from sensory overload.

While many highly sensitive children are also neurodivergent (Autistic, ADHD, etc.) not all are. Highly sensitive children thrive when their environment matches their temperament. Learn more about highly sensitive children and parenting through a sensory lens to help your child thrive.

Learn more at [www.neurodivergentinsights.com](http://www.neurodivergentinsights.com)



# Highly Sensitive Child

**Elaine N. Aron, Ph.D.**



## **Highly Sensitive Child:**

The Highly Sensitive Child Elaine N. Aron, Ph.D., 2002-10-08 A groundbreaking parenting guidebook addressing the trait of high sensitivity in children from the psychologist and bestselling author of *The Highly Sensitive Person* whose books have sold more than 1 million copies With the publication of *The Highly Sensitive Person* pioneering psychotherapist Dr Elaine Aron became the first person to identify the inborn trait of high sensitivity and to show how it affects the lives of those who possess it In *The Highly Sensitive Child* Dr Aron shifts her focus to the 15 to 20 percent of children who are born highly sensitive deeply reflective sensitive to the subtle and easily overwhelmed These qualities can make for smart conscientious creative children but also may result in shyness fussiness or acting out As Dr Aron shows in *The Highly Sensitive Child* if your child seems overly inhibited particular or you worry that they may have a neurodevelopmental disorder such as ADHD or autism they may simply be highly sensitive And raised with proper understanding and care highly sensitive children can grow up to be happy healthy well adjusted adults Rooted in Dr Aron's years of experience working with highly sensitive children and their families as well as in her original research on child temperament *The Highly Sensitive Child* explores the challenges of raising an HSC the four keys to successfully parenting an HSC how to help HSCs thrive in a not so sensitive world and how to make school and friendships enjoyable With chapters addressing the needs of specific age groups from newborns to teens *The Highly Sensitive Child* is the ultimate resource for parents teachers and the sensitive children in their lives

*Parenting the Highly Sensitive Child* Julie B. Rosenshein, 2013-04-24 Ms Rosenshein provides a hands on approach for helping you and your highly sensitive child In *Parenting the Highly Sensitive Child* you will find solutions that work and are easy to apply to home life school life and your child's emotional world You will also learn What a highly sensitive child is and how it ties into ADHD The 4 types of sensitive children Tips Tools for helping your sensitive child make it in a less than sensitive world

**Simplicity Parenting the Highly Sensitive Child** Mary Ann Lang, 2020-07-23 How do highly sensitive children live in an imperfect world and what is important for parents to understand to make their family life more comfortable How to get along with highly sensitive children and how to help them adapt Why do parents of highly sensitive children need help Some children come to the world with amazingly thin skin and sensitive perception They are like little turtles the shell of which has not hardened yet and does not protect them Where everyone is sad they cry Where everyone is warm they are hot They are completely healthy but very empathetic They feel acutely any falsehood untruth or tension They are ready to empathize and cry at the sight of a chilled kitten a hunched older person or any other injustice They are serious and prudent beyond their years they ask a lot of questions and are sometimes very adult They are attentive to details and changes Parents of highly sensitive children need help because the parent himself may have average sensitivity and not be able to understand his child always Because public opinion calls such children spoiled and parents do not know how to contrast this unpleasant and completely unjustified definition Because their desire to wear this particular dress or to change

clothes as soon as possible when the clothes get dirty or their unwillingness to speak with strangers at the party or their desire to fall asleep in the light of a pink rather than a yellow nightlight is not a whim but the real need of such a child. Because highly sensitive children keenly feel their boundaries and try to defend them in any way they can at their tender age they need the support of mom and dad. All parents dream of helping their children live a happier life. Adapting himself and good emotional contact with parents will save a highly sensitive child from many problems and complexes in adulthood to help him realize himself more fully and live happily. You will learn from this book how to get along with highly sensitive children and how to help them adapt. In this book you will discover the main character traits of a highly sensitive child, the differences and similarities between highly sensitive children and children with developmental delays, the main mistakes made raising highly sensitive children, the best advice and tips for parents of highly sensitive children, and more. All of the tips in this book are carefully crafted through experience to enable you to have a stellar relationship with your child. Invest your time, read this book, and become a better parent. Grab your copy today by clicking the Buy now with 1 Click R button at the top of this page.

**Raising A Highly Sensitive Child** Alissa Taylor, 2021-06-07. Are you the parent of a highly sensitive child and are you looking for some advice to raise them good and happy? If yes, then keep reading. Raising a highly sensitive child can be a challenging task. But it is not as difficult as you might think. All children are born with an innate sensitivity to their environment. The things that would create an emotional response in a child can overwhelm the senses of a highly sensitive child so that they withdraw or react excessively. To raise a highly sensitive child, you must understand what it means to have Highly Sensitive Person (HSP) traits. Being highly sensitive has nothing to do with being shy or introverted. Some people think that shyness is a form of sensitivity, but they are incorrect. Shyness causes you to avoid crowds and be easily overwhelmed, while sensitivity causes you to be more aware of your surroundings and notice subtleties in the world around you. This book covers: What is a highly sensitive child? Symptoms of anxiety in children. Touched by the beauty of emotionality. Autism and high sensitivity differences and similarities. Six ways to help your sensitive child respond more successfully. Eight things to say instead of stop crying. And much more. To successfully raise and care for your highly sensitive child, you need to know what they can handle. Once you have determined their limits, be sure to give them space when possible and encourage them to take breaks often from overwhelming activities. And don't worry with confidence and understanding it is possible to raise a happy and well-adjusted highly sensitive child. Click buy now to learn more.

**Understanding Highly Sensitive Children** Lanny McConnel, 2021-05-15. For all you parents with sensitive children, this book celebrates it and helps the parents to bring out the positive aspects of having a sensitive child, but also helps to coach parents with techniques to deal with the sensitive child when their emotions run high in a very constructive and loving way. Highly recommend the book. In this book, the psychologist focuses on the sometimes challenging task of parenting an emotionally sensitive child. The book shows how to recognize our child's temperament and it addresses vulnerabilities that can come with sensitivity, such as stress.

worry and low mood The book also looks at ways that we can bolster sensitive children's social and emotional health and how we can build on their unique strengths A strong emphasis is placed on seeking to understand respect and work with sensitive children and how mothers and fathers can learn more about themselves in the process **The Highly Sensitive Child**

Elaine Aron, 2015 *The Highly Sensitive Child* Elaine N. Aron, Ph.D., 2002-10-08 A groundbreaking parenting guidebook addressing the trait of high sensitivity in children from the psychologist and bestselling author of *The Highly Sensitive Person* whose books have sold more than 1 million copies With the publication of *The Highly Sensitive Person* pioneering psychotherapist Dr Elaine Aron became the first person to identify the inborn trait of high sensitivity and to show how it affects the lives of those who possess it In *The Highly Sensitive Child* Dr Aron shifts her focus to the 15 to 20 percent of children who are born highly sensitive deeply reflective sensitive to the subtle and easily overwhelmed These qualities can make for smart conscientious creative children but also may result in shyness fussiness or acting out As Dr Aron shows in *The Highly Sensitive Child* if your child seems overly inhibited particular or you worry that they may have a neurodevelopmental disorder such as ADHD or autism they may simply be highly sensitive And raised with proper understanding and care highly sensitive children can grow up to be happy healthy well adjusted adults Rooted in Dr Aron's years of experience working with highly sensitive children and their families as well as in her original research on child temperament *The Highly Sensitive Child* explores the challenges of raising an HSC the four keys to successfully parenting an HSC how to help HSCs thrive in a not so sensitive world and how to make school and friendships enjoyable With chapters addressing the needs of specific age groups from newborns to teens *The Highly Sensitive Child* is the ultimate resource for parents teachers and the sensitive children in their lives **Understanding the Highly Sensitive Child** Jamie

Williamson, James Williams, 2015-10-28 It's not easy to be a highly sensitive child Nor is it always easy to raise care for guide and teach a highly sensitive child Because the highly sensitive child experiences the world a little differently and that can be difficult to understand This simple concise book steps beyond a basic understanding of high sensitivity looking at the challenges and distress that meltdowns can cause for highly sensitive children And for you A meltdown can be a terrifying experience for a highly sensitive child and for people witnessing it This guide gives you the confidence to understand what having a meltdown means and the knowledge to provide support and comfort We help you to navigate the reasons why meltdowns happen and how to prevent them where possible as well as the vital need to be compassionate and caring with yourself and others when they do occur *Raising A Highly Sensitive Child* Katherine Guzman, 2021-06-05 Learn how to nurture your highly sensitive child by elevating their strengths and navigating their differences Does your child often experience meltdowns or have trouble with highly stimulating environments Or maybe they are highly intuitive and empathetic These traits could all be signs that your child is highly sensitive While being highly sensitive is a personality trait rather than a psychological disorder your child may develop other disorders such as anxiety or depression more easily

Luckily you can help guide them through their feelings once you understand what they are experiencing You are not alone 15  
20% of children are highly sensitive with many being misunderstood as simply fussy or introverted Katherine Guzman is an  
authority on the subject after raising a highly sensitive child Through years of learning about this strong personality trait  
they are ready to share their knowledge with you Katherine has the answers you need as a parent who is enthusiastic about  
learning how to effectively raise mentally strong and healthy children You and your child can learn to expertly manage your  
child's meltdowns and other unusual feelings If you are ready to help your child navigate their differences and help them  
thrive by learning their strengths then you need to read *Raising a Highly Sensitive Child* Learning whether your child is  
highly sensitive will not only help them live a more fulfilling life while growing into healthy adults but you as a parent will  
benefit as well You will learn how to deal with your child's seemingly uncontrollable meltdowns and strong personalities You  
will be given the tools to navigate their traits and help them use them to their advantage rather than being held back by what  
can be seen as weaknesses to others Your child has exceptional abilities that they can utilize if they are given the correct  
tools to do so You can help them see these strengths Inside *Raising a Highly Sensitive Child* you will learn To effectively  
handle unexpected meltdowns The concept of being highly sensitive The science behind highly sensitive children What it  
means to be an introvert The different types of sensitive personalities The importance of praising your child's unique  
strengths How to empower your child to cope with external stimuli Expert advice to constructively discipline your child The  
common traits of highly sensitive children How to prevent your child from suffering And much more You may be feeling  
overwhelmed and stressed if your child displays difficult traits such as constant meltdowns It is every parent's fear that they  
are raising their child incorrectly Simply seeking out help to better understand your child means that you are taking the right  
steps Don't let your child suffer through their confusing behavior anymore Scroll up and click Buy now button to discover the  
path that leads to better parenting [Summary of Dr. Elaine N. Aron's The Highly Sensitive Child](#) Everest

Media,2022-03-08T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 If you've  
received comments like these it's a sign that you have a highly sensitive child You know that if you follow the well intentioned  
advice your child will suffer 2 There is no such thing as a sensitive child Every child is different and each parent will have to  
figure out what works best for their child 3 The trait of sensitivity is not the same as introversion It is a normal human  
variation that is found in 15 to 20 percent of the population It is not inherently shy or neurotic and many who are not  
sensitive are also not inherently shy or neurotic 4 The 20 percent of the population that is highly sensitive typically  
understand the concept immediately while the 80 percent that is not sensitive do not understand and may even answer no to  
every item on the questionnaire *Parenting the Highly Sensitive Child* Elena Jenkins,2021-04-24 Do you know what it takes  
to raise well a highly sensitive child Are you confident that you can help your child reach their maximum potential while also  
keeping them healthy and happy If you are not quite sure about how to do so then this book is the right choice for you Highly

sensitive children HSCs are often misunderstood not just by their peers but also by their family teachers and caretakers Many tend to mislabel them as shy or cold Others think of them as slow or crybabies Some may even view high sensitivity as a disorder that should be treated However these assumptions are both incorrect and harmful to the growth and development of HSCs Fortunately more and more parents are becoming aware of this issue thanks in part to the growing research about how to better understand HSCs how to guide them through different kinds of challenges and real life situations and how to nurture them into becoming the best versions of themselves It's good that you are now paying more attention to this matter However note that the parenting strategies that will be discussed in this book require the support of the other members of your family your friends and the teachers who will be taking care of your child while they are at school After all as the famous saying goes It takes a village to raise a child Most importantly you need to get your HSC to cooperate with you None of these strategies would work if you did not take the time to explain what high sensitivity truly means how it could affect the different aspects of their being and how you could help them handle or cope better with the challenges they would face in day to day life Backed by years of research by several child development experts this book shall serve as an objective guide for you as a parent of a highly sensitive child Throughout the chapters you will learn How to differentiate high sensitivity from other conditions such as autism sensory processing disorder and ADHD Effective parenting strategies to help your HSC thrive in various situations Tips on how to guide your HSC to developing necessary life skills and abilities Guidelines for both you and your child's teachers to ensure your HSC will have a successful safe and fulfilling school life A lot of the issues and challenges faced by HSCs stem from the lack of understanding about the true nature of the high sensitivity trait Do not be one of those people who simply rely on labels and assume things about these children As repeatedly explained by renowned HSP expert Dr Elaine Aron high sensitivity is a normal and innate trait Like other personality traits it has its advantages and drawbacks Your role as a parent to a child who possesses this trait is to nurture and guide them not change or mold them into the kind of person that your culture or society believes they should be So if you agree with this and you want to know more about the proper ways to raise a highly sensitive child add this book to your cart now and start learning the various parenting strategies that could do wonders for your HSC

*The Highly Sensitive Parent* Elaine N. Aron, Ph.D., 2020-03-31

First she taught you the value of your highly sensitive nature in her bestselling classic *The Highly Sensitive Person* Now Dr Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge Parenthood Parenting is the most valuable and rewarding job in the world and also one of the most challenging This is especially true for highly sensitive people Highly sensitive parents are unusually attuned to their children They think deeply about every issue affecting their kids and have strong emotions both positive and negative in response For highly sensitive people parenting offers unique stresses but the good news is that sensitivity can also be a parent's most valuable asset leading to increased personal joy and a closer happier relationship with their child Dr Elaine Aron world renowned author of the classic *The Highly Sensitive*

Person and other bestselling books on the trait of high sensitivity has written an indispensable guide for these parents Drawing on extensive research and her own experience she helps highly sensitive parents identify and address the implications of their heightened sensitivity offering A self examination test to help parents identify their level of sensitivity Tools to cope with overstimulation Advice on dealing with the negative feelings that can surround parenting Ways to manage the increased social stimulation and interaction that comes with having a child Techniques to deal with shyness around other parents Insight into the five big problems that face highly sensitive parents in relationships and how to work through them Highly sensitive people have the potential to be not just good parents but great ones Practical yet warm and positive this groundbreaking guide will show parents how to build confidence awareness and essential coping skills so that they and their child can thrive on every stage of the parenting journey This book is filled with validating healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive It changed my life in the most healing and empowering ways Alanis Morissette artist activist teacher

### **Raising a Highly Sensitive Child**

Lara Clegg,2021-01-23 As a caring parent it is your priority to understand if your child is among the 20% of children born with a nervous system highly aware and quick to react to everything The childhood of someone who is not recognized as a Highly Sensitive Child is very difficult and unconditional love for your children is not enough you need to be prepared and know exactly how to raise them Lara Clegg As a psychotherapist specializing in supporting children ages 3 to 17 Lara Clegg has written this book to help Highly Sensitive Children and their parents whether they are highly sensitive themselves or not make the most of this magnificent gift It is no use explaining to them that they are too sensitive or too shy or too intense because it will make them feel inadequate and they will try to change and when they fail to do so they will feel increasingly isolated and overwhelmed with shame Lara Clegg This unnecessary suffering which the child will carry for the rest of his or her life can be saved by taking the right approach Lara Clegg s Raising a Highly Sensitive Child book approaches hypersensitivity in children in 19 chapters which are bundled into 3 parts PART I Understanding and Recognising Symptoms PART II Best Parenting Strategies in Practice PART III Best Tips to Help your Kid Handle this Gift After reading this book you can recognize all the symptoms that your Highly Sensitive Child has developed such as discomfort to loud noises Sensory Processing Disorder anxiety insomnia Environmental and Emotional Sensitivity helping him her in his her little big challenges such as the proper integration in the school environment and building true and lasting relationships Remember a properly supported highly sensitive child will be a balanced and happy adult

### **THE EMPATHIC PARENT'S GUIDE TO RAISING A HIGHLY SENSITIVE CHILD**

Karla Garcia,2021-04-24 55% OFF for bookstores Discounted Retail Price Now at 23 95 Instead OFF 34 95 The first guide explains to you how to understand if your child is hypersensitive and how to transform this feature into a big advantage in the world Many parents suspect that their children are hypersensitive and in 99 percent of cases they are right They re in fact children who manifest peculiar behaviors different from those of their peers But when



they know they are right these parents begin to worry A LOT They think that hypersensitivity is a disadvantage in life and in this case they are terribly wrong Hypersensitivity is NEUTRAL It only depends on parents if it turns into an advantage or remains a disadvantage When hypersensitivity turns into an advantage it can do WONDERS It can give the child advantages of all types advantages at school grades benefits to socializing advantages in sport family benefits they ll have better relationships with family members compared to their peers and many others This guide was born precisely to help you transform your child s hypersensitivity into a huge advantage in life Written in a simple and compelling way it helps you get better into your child s psyche and understand which keys to tap to really help him or her Let s see what you re going to find in it The most accurate test out there to understand if our child is hypersensitive Why hypersensitivity is not a disease but a talent like one of the most famous artists in history All the secrets to living a serene everyday life with a hypersensitive child How to extinguish the irritability in hypersensitive children once and forever And so much more Turn your child s hypersensitivity into an advantage as soon as possible Only you can do it Buy it NOW and let your customers get addicted to this amazing Book

**Your Highly Sensitive Child** Aoife Durcan,2025-04-10 Highly sensitive spirited empathic shy strong willed these are common descriptions of children who simply feel the world on a deeper level As a parent it can be difficult to know how to respond to these deep emotions You may feel that traditional parenting approaches don t work but you re worried that your child won t learn how to survive in the real world Now leading psychologist Dr Aoife Durcan offers expert advice on how to Support your child in navigating big emotions including meltdowns with compassion and understanding Feel confident managing challenges like separation anxiety school pressures and social interactions Help your child be less hard on themselves when things don t go well These practical research backed tools will empower you to feel comfortable about your parenting style and most importantly help your child to thrive in a world that can sometimes feel like too much This book is a parenting life raft CAROLINE FORAN Feels like having your hand held as you deepen your understanding of the world through the eyes of a sensitive person JOANNA FORTUNE This book allows parents to support their sensitive child without trying to harden them or coerce them into some form of robust resilience COLMAN NOCTOR As both a psychologist and a mum this book is a must read that leaves you feeling equipped empowered understood and trusting in your own path as a parent ALLISON KEATING

**Advice For Parents of Highly Sensitive Children** Charlotte Bollens,2021-02-11 Essentials for parenting highly sensitive children What s it like to parent a child whom others simply don t get Ask the parent of a highly sensitive child In this book you will learn What a highly sensitive child is and what causes such a personality trait Ways on disciplining a highly sensitive child Proper attitude and approaches to adopt when caring for a highly sensitive child Issues that may hound a highly sensitive child in their adulthood

**Sensitive Child** Agnes Pias,2021-07-26 Transform your child s gift from handbrake to boost for success Many parents still believe this LIE The world is a tough place and to be successful children have to grow up tough too Those who are sensitive are curled up like a leaf That s a lie because Sensitivity is not an

obstacle to success but actually a shortcut Except that in children it sensitivity presents itself as a series of problems such as anxiety tantrums insomnia and social issues If you're an HSC parent and want your child to be successful the worst thing you can do is trying so hard to make your child the same as everyone else Homologate him or her What you need to do instead is cultivate your child's gift When you start doing that you'll immediately notice two things The symptoms of sensitivity improve exponentially less anxiety fewer tantrums Your child will unleash his/her genius and start to be much more successful in life better relationships with relatives and friends higher school grades But how you can cultivate your child's gift Concretely Well this guide provides you with tons of proven mindful techniques to cultivate your child's gift and make it shine A glimpse of what you'll find in it What's a Calm Down Jar and why it makes magic on your child anxiety What's the number one thing that you must never tell an HSC otherwise you'll break him/her forever What are the unexpected daily habits an HSC should take to feel calmer and more confident How to surrender your child with a force field to keep bullies away And so much more Make your child's life a masterpiece Only you can do that Get Now Your Copy Of This Guide

### **Highly Sensitive People**

Vayana Ariz, 2020-09-01 Are you or is anyone you know a highly sensitive person In order to answer that question we have to study the subject and what distinguishes such a person from others who have regular levels of sensitivity The journey begins in a person's childhood Highly sensitive children react differently to the heightened impulses that enter their brains These stimuli shape their character their behavior and their talents Being in love with or related to someone with high sensitivity has its benefits and challenges as well They typically don't like being rushed They don't like too much drama or too much stimulation of the senses It's good to know what to say to them and what not to say to people with sensitive personalities Last but not least being highly sensitive can have a lot of benefits ranging from creativity to emotional connection If you want to understand all these things then start reading the E Book or listen to the audiobook today

### *Big Reactors* Claire

Lerner, 2025-10-02 An invaluable practical guide that shows parents how to help their highly sensitive child learn to manage their big emotions and thrive Highly sensitive children HSCs process and react to experiences more deeply than other children They are sometimes called spirited deeply feeling or big reactors These children are amazing fierce and feisty persistent and passionate insightful and empathetic but are also prone to more intense and frequent meltdowns Parenting a big reactor can be challenging and exhausting but it doesn't have to be In *Big Reactors* Practical Strategies for Parenting Highly Sensitive Children child development specialist Claire Lerner helps parents develop the tools to support their HSC's strengths while also showing them how to cope with everyday challenges She details the key traits of HSCs describes the science behind the traits and shows how parents and other caregivers can help them thrive Through detailed case descriptions from her decades of work in the trenches Lerner reveals the process she guides parents through to understand the root cause of their child's challenges and come up with sensitive effective strategies that work in real life not just in theory Importantly *Big Reactors* shows parents how they can be supportive and loving while also setting the limits their

fierce and feisty kids need to develop self regulation and build resilience This approach helps parents bring out the best in their passionate creative wonderful sensitive child and creates more peace and joy for the entire family     A Highly Sensitive Child Sherry J Nicholson,2021-08 When you understand how your child feels about the world and how to support him raising a highly sensitive youngster might not be a big challenge for you There are many recommendations in this book to help your child enjoy a wonderful and productive childhood Does your youngster seem to be highly sensitive to the environment and to emotions if yes you may be the parent of a child with a high degree of sensitivity With a youngster who is very sensitive to loud noises and shows signs of high anxiety this book will be a big help to you After reading Understanding and Recognizing Symptoms Best Parenting Strategies and Best Tips for Helping Your Kid Handle This Gift

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## Highly Sensitive Child Introduction

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