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## **19CWGU - CARDENAS KENDRICK**

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I'm raising three highly sensitive children.- To do this well I need support from those around me. Which means others need to understand what highly sensitive is. As a

parent I would like to teach my children to be 'authentic', to be true to who they are. What's troubling, for these parents, is that the criticism underscores how few people understand their highly sensitive child. Five traits of highly sensitive children High

sensitivity (also called Sensory-Processing Sensitivity) has been studied in kids and adults for over 60 years.

**Understanding highly sensitive children - Focus on the Family**

A highly sensitive child [HSC] is one of the

fifteen to twenty percent of children born with a nervous system that is highly aware and quick to react to everything. This makes them quick to grasp subtle changes, prefer to reflect deeply before acting, and generally behave conscientiously.

Parenting advice: Highly sensitive children have a tendency to feel things deeply and react strongly. For their parents understanding them can be a bit difficult. This article can help parents of highly sensitive children.

I also know how special these children are and all the wonderful things they can offer when they have support and understanding they need. I want to help you understand, appreciate and help your highly sensitive children, so that they can thrive in a world that can be overwhelming to them.

### **The Highly Sensitive Child | Psychology Today**

### **The Highly Sensitive Child - The Highly Sensitive Person**

### **The Highly Sensitive Child | Authenticity Coaching**

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 book aims to help you experience the world ...

### **Understanding a Highly Sensitive Child | Marriage.com**

### **Understanding The Highly Sensitive Child**

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### **Understanding the Highly Sensitive Child: Seeing an ...**

Some children come into the world more aware, reflective, intense and emotionally sensitive and reactive. Understanding their temperament is key to their healthy development, as they do often face additional challenges that require an attuned and sensitive parenting style.

### **Understanding the Highly Sensitive Child | Insight ...**

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### **Understanding the Highly Sensitive Child (Friday, January ...**

This program—based on the book, The

Highly Sensitive Child, by keynote speaker, Elaine Aron, psychologist and pioneer in the study of this trait—is the first program ever to focus on caring for and raising highly sensitive children and teens. Candy Crawford and Alane Freund bring their considerable experience as experts in the field.

### **Understanding the Highly Sensitive Child and Teen | Kripalu**

Another highly sensitive child, Lizzie, age 8, came home from school after seeing a bullying episode and broke down crying. Criticism, defeat and the distress of others is something sensitive ...

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### **The Highly Sensitive Child - The Highly Sensitive Person**

It can be a challenge knowing how to best discipline a highly sensitive child. In fact,

some parents may avoid discipline in an effort to reduce their child's pain and behaviors related to that pain. Yet we know that discipline is important and in fact critical to help our children someday face the outside world as an adult.

### **8 Discipline Strategies for Parenting a Sensitive Child**

I also know how special these children are and all the wonderful things they can offer when they have support and understanding they need. I want to help you understand, appreciate and help your highly sensitive children, so that they can thrive in a world that can be overwhelming to them.

### **Home Page - The Highly Sensitive Child**

But raised with proper understanding and care, HSCs are no more prone to problems than nonsensitive children and can grow up to be happy, healthy, unusually well-adjusted and creative adults. Chapters in The Highly Sensitive Child: Sensitivity--A Better Light on "Shy" and "Fussy" Children Explains the trait thoroughly, including research evidence.

### **The Highly Sensitive Child**

The highly sensitive child thrives in an atmosphere of acceptance and does better than other children in positive circumstances. These books and articles describe in detail what you can do to raise that sensitive child to be the best he or she can be.

### **The Highly Sensitive Child | Authenticity Coaching**

Highly sensitive children are sensitive to your words, demeanor, tone, atmosphere and overall attitude towards them so they'll do what they know how to do - defy, talk back, sass, refuse, and ...

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But that's not to say that all highly sensitive people will go on to have anxiety -- and in fact, having a supportive environment can go a long way to protecting against this. Parents of highly sensitive children, in particular, need to "realize these are really great kids, but they need to be handled in the right way," Aron says.

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