

Understanding The Highly Sensitive Child Seeing An Overwhelming World Through Their Eyes My Highly Sensitive Child

Are you a parent of a sensitive child? Here are the most important things to know in order to raise highly sensitive children. Raising your child with high sensitivity can be a challenge, but parents must remember that there is no "right way" to raise their child. Just when you think you've got it, your child will likely surpass their expectations and surprise you with all they have learned and accomplished. This book offers some advice on how to deal with certain situations, as well as some encouragement for those who are trying to lead a more peaceful life while raising highly sensitive kids. Highly sensitive children (HSCs) are not always easy for parents and teachers alike. HSCs tend to be highly sensitive, highly intuitive, and sometimes even very shy. This sensitivity can cause a multitude of emotional problems for the HSC. The lack of understanding and acceptance by friends and family members often leads to social isolation for the HSC until a parent finds out about their child's sensitivity. This book covers: - The Most Common Traits of a HSC - The highly sensitive child and behavioral inhibition - From Calm to Explosive: the HSC Anger - Highly Sensitive and Autism: Similarities and Differences - Anxiety under control - Focus on Feelings, Not on Tears - Help Your Child Get a Good Sleep - HS Parent for a HS Child - Preschool Time: Getting Ready for School - Sports and Activities for Emotional Health - A True Inspirational Story And much more! The reality is that it is much easier for parents than it is for teachers to raise a child with such traits. Teachers are trained on how to teach all different types of learners, but often neglect the needs of children like the HSC. You will Never Stop Using this Awesome Book! Buy it NOW and get addicted to this amazing book

Discover how to empower your children to believe in themselves Is your child having first school day jitters far too long? Does he cry whenever you drop him off at school? Does he clam up during recitations? Is he afraid of situations where there are a lot of other people? Have other people called your child 'too sensitive'? Do you have children who cry too easily or have too many particular demands? Have you felt at a loss on how to confront your child who may be too emotional and flies off into tantrums easily? This book is a product of my own experience of taking care of a highly sensitive and anxious child. Hopefully, the insights I have gathered from my personal experience with HSC may also help other parents in taking better care of their children. Highly sensitive children are more prone to social anxiety. These children may also experience a lot of stress when they are thinking of engaging in situations where they have to interact with other people. And this can be quite a problem when they start going to school or develop friendships. If your child is also a highly sensitive child, the anxiety may even be more magnified. This book will help you understand your child's condition. I have my own experience of handling an anxious child. I have also experienced the difficulty of training my children in terms of developing social skills. This book will help other parents with socially anxious children cope with this condition. In this book, you will learn: How social anxiety develops in children Various anxiety symptoms your children may be suffering from Potential threats to development that may affect your children in their adulthood Perspectives and strategies on raising a socially anxious child Powerful words to say to your children that will surely boost their confidence 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 his adulthood Get this book and you will feel more empowered in your parenting. Let me help you because I've been there and I don't want other parents to suffer alone. Raise your children with an understanding of their situation. Let this book guide you as you raise your children to become resilient and confident just as they are.

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 Immediately A Copy Of This Guide.

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!

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

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Provides guidance for raising intuitive children, including techniques to prevent sensory overload and reduce stress, advice on when and how to seek professional help, and how to minimize other every day challenges they face.

Exploring the impact of temperament on intimacy, the author of *The Highly Sensitive Person* combines self-tests and case studies with practical advice to help sensitive individuals develop happier, healthier relationships, with tips on how to cope with a fear of intimacy, stress, arguments, and sex. Reprint. 20,000 first printing.

Are you one of the 'highly sensitive people'? If so, you might be raising one too! Highly sensitive children are acutely aware of their surroundings. They are more empathetic, shy or introverted than other children. Highly sensitive children may also be anxious or have a hard time concentrating because they are overstimulated in big spaces and overwhelmed by loud noises. Understanding high sensitivity can mean the difference between raising a shy child and helping him to flourish in school and social situations. A highly sensitive child has an extreme nervous system. They are keenly aware of their surroundings, so they perceive even minor details and tend to pick up on subtle social cues. They get easily overstimulated by loud noises, bright lights, strong smells and touch, too much information or too many people. Highly sensitive children are more likely than others to be introverted, anxious, empathetic or shy. This book covers: - The Most Common Traits of a HSC - The highly sensitive child and behavioral inhibition - From Calm to Explosive: the HSC Anger - Highly Sensitive and Autism: Similarities and Differences - Anxiety under control - Focus on Feelings, Not on Tears - Help Your Child Get a Good Sleep - HS Parent for a HS Child - Preschool Time: Getting Ready for School - Sports and Activities for Emotional Health - A True Inspirational Story And much more! They have a rich inner life and are creative and empathetic. They notice things that others miss, have a good memory and process information deeply. Children who are extremely sensitive may be perceived as shy or overly emotional. But emotional, gentle and kind children who are easily overstimulated are still considered highly sensitive. You will Never Stop Using this Awesome Book! Buy it NOW and get addicted to this amazing book

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

What if your child is highly sensitive? This book's aim is to help highly sensitive children accept themselves as they are, and learn to appreciate their difference through the story of a highly sensitive little mouse. It will also allow you, the parents, to better understand this personality trait that affects 1 in 5 people. Let's discover together... This book can be informative for anyone, but is especially designed for highly sensitive children (aged 6 to 10) and their families. As parents and children read this story together, a helpful dialogue can be initiated that can facilitate the child's acceptance of his or her differences. A story to be read, enjoyed, and shared. I would have loved to have such a book in my hands as a mother of highly sensitive young children. Feeling the lack, I wrote and illustrated this story with the desire to fill this gap. Here is an informative book backed by research with providing an accessible overview of high sensitivity. I hope you will enjoy the discovery of this character trait, which can also be an asset in life! Addresses the trait sensitivity in children and offers a guide for highly sensitive children and their caregivers, including such topics as how to soothe highly sensitive infants, helping sensitive children survive in a not-so-sensitive world, and helping make school and friendships enjoyable.

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Have other people called your child 'too sensitive'? Do you have children who cry too easily or have too many particular demands? Have you felt at a loss on how to confront your child who may be too emotional and flies off into tantrums easily? Your child may be a highly sensitive child. High sensitivity is a personality trait that may not be common but exists in 15 to 20 percent of our population. They are ordinary people, but highly sensitive people may just have some particular needs not shared by everyone. Having a highly sensitive child may be challenging for parents and many have searched for resources on how to take care of them. This book is a product of my own experience of taking care of a highly sensitive child. Hopefully, the insights I have gathered from my personal experience with HSC may also help other parents in taking better care of their highly sensitive children. 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 Get this book and you will never look at your child in the same way again. You will learn to appreciate the giftedness of your child's sensitivity and even be thankful you had one. May your parenting problems find confidence in this book dedicated to the creativity of highly sensitive children.

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.

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.

If you're wondering, "How can I help my highly sensitive child turn their uniqueness into a competitive advantage and grow into

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happy human beings?". Then, keep reading. Is your child overly emotional or frequently crying? Do you need some practical solutions to deal with his/her tantrums and reassurance about how to best foster her/his uniqueness? Every highly sensitive child is unique, but there are several characteristics that all HSC share, and understanding them is critical for managing easily your daily life. I perfectly understand that raising a highly sensitive child in today's world is difficult, and you may have many doubts about how to better help them, how to comfort them, and what to do and not do in difficult situations. The insights I share in this book are excellent resources for parents, educators, and anyone else interested in highly sensitive children and their special needs, based on my personal experience working with children. This guide will also provide you with the special perspective of a highly sensitive child who is struggling to understand and embrace their similarities and differences. This book covers: Definition of what a highly sensitive child is. What does it mean to be a highly sensitive child during the 5 stages of child development? How to honor and nurture the uniqueness. Simple strategies for dealing peacefully with a highly sensitive child during daily moments. Supporting your child in the aftereffects of the pandemic Managing your expectations and fears as a parent. How to help your child interact more effectively with family members, classmates, and teachers... And so much more! If you purchase this book, you will receive helpful advice that will assist and reassure you in managing your daily life while also learning great tools to empower your special child. Ready to get started? Click "Buy Now!"

Do you think your child feels a little more deeply and experiences life more profoundly than their peers? Or maybe you already know that they are a highly sensitive child (HSC) and you're looking for a way to raise them to be a healthy and successful adult in a world that unfortunately isn't always geared toward being sensitive. Well, then this book is for you. Raising a Highly Sensitive Child was written with one goal in mind: helping parents understand and raise their highly sensitive child. After reading this book, you'll discover: ?? What high sensitivity is and how to tell if your little one is an HSC. ?? How you can raise your HSC with the courage to stand up for what they believe in. ?? How to navigate the different developmental stages of a highly sensitive child. ?? All about the positive attributes of HSCs. ?? Why meltdowns happen and what you can do to manage them. ?? Various parenting strategies formed around raising an HSC. Most importantly, after putting this book down, you'll know without a doubt that having a highly sensitive child is a blessing--not just to you but the world at large! The author writes from personal experience in raising her own HSC. She has also coached other parents of highly sensitive children on how to use their little one's sensitive nature to their advantage to help them grow into well-adjusted, happy, and healthy children. Now it is time for her to aid you and equip you with all the knowledge you need to be the best parent you can be! Simply click the buy button to get started!

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.

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

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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.

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The world-renowned author of THE HIGHLY SENSITIVE PERSON and other bestselling books on the trait of high sensitivity has written an indispensable guide for the significant number of parents who are unusually attuned to their children; who think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response; and who find parenting far more stressful than parents who are not highly sensitive. A self-help parenting book for the significant number of parents who are unusually attuned to their children; who think deeply about every issue affecting their kids and have strong emotions, both positive and negative, in response; and who find parenting far more stressful than parents who are not highly sensitive. The book draws on more than 1200 responses the author received to a questionnaire she designed to elicit both the joys and the challenges of parenting for highly sensitive people. 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. 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.

Storytelling is a powerful way to educate, inspire, and entertain the young and old. This tale of a mysterious Old Woman and a cave girl named Asha will hopefully help highly sensitive children see the advantages and accept the challenges of being a sensitive human. The story plays with the idea that maybe, at some point in human evolution, there was a mutation, or genetic change, that made the drudgery of mere survival more pleasant and livable. A move that resulted in bouquets, art, music, dance, skipping, and listening to the ones we love. If you consider yourself highly sensitive, if you have a child or grandchild who may be highly sensitive or are educating a highly sensitive child, then Asha may be an inspiration. Tony Deal spent his professional life working in every level of public education, i.e., teaching fifth grade, coaching middle school, teaching high school special education, spending thirty-five years as an instructor and administrator in a community college, and serving as an adjunct professor at two universities. His interest in highly sensitive people is both professional and personal. He is one. He has put his sensitivity to good use. He was personally responsible for putting a "History of the Golden Rule" poster in every Caldwell County classroom. He received the National Hospice Volunteer of the Year Award and was selected as the L.A. Dysart Man of the Year award for Caldwell County. Happily married for forty-seven years, he enjoys retirement playing Appalachian String music, volunteering for community events, and telling stories to his grandchildren. For more information on highly sensitive people, please read The Highly Sensitive Person: How to Thrive When the World Overwhelms You written by Elaine N. Aron.

Do you have an emotionally sensitive child? Do you lack understanding of high sensitivity? Do you feel trouble connecting with your child making parenthood overwhelming? Then you need "Raising an Emotionally Sensitive Child" to be your friend in this highly challenging yet highly rewarding journey. This book will help you understand the following concepts: The science and psychology of high sensitivity What are highly sensitive individuals like? Myths about highly sensitive people to give you a better understanding of your highly sensitive child. Signs of highly sensitive child helping you determine if your child is emotionally sensitive or not The fact that sensitivity is a gifted trait, and highly sensitive people have many excellent strengths. Challenges a highly sensitive child may have to tackle while growing up and need special attention from parents on these issues. These problems include meltdowns, tantrums, inability to accept criticism, difficulty in making friends, being bullied, people-pleasing, self-criticism, burnout, overthinking, indecisiveness and perfectionism. Strategies that can help parents of emotionally sensitive children in their demanding journey. Parental advice on valuing your child, developing a connection through validation, parenting with sensitivity, teaching emotional intelligence, setting boundaries and disciplining, showing a healthy approach towards criticism, providing support in making friends, educating against perfectionism, and reassuring self-worth through praise and rewards are discussed in detail. Tips to the parents of highly sensitive children on coping with stressful parenthood, especially when they themselves are highly sensitive. For example, working out tendencies, communicating boundaries, being mindful of your thoughts, opting for soothing activities, accepting yourself without guilt, incorporating little acts of self-care, and forgive yourself for making mistakes. Common mistakes parents of an emotionally sensitive child have to avoid as trying to change your child, being impatient with your child, suppressing your child's emotions, discouraging your child, and

ignoring routine for your child. Stress-relieving exercises and activities for the parents such as yoga, meditation, tai chi, kickboxing, art therapy, breath focus, and some outdoor practices. Click away if you want help in raising and flourishing your beautiful orchid children inside and out and develop a deep bond with them.

"The Sensitive Subject" Book was created to help parents understand the term "highly sensitive" and to help guide them through the key ways to help manage children's reactions, overwhelm and emotions. If you have ever thought your child is 'Sensitive' then "The Sensitive Subject" is the perfect place to start your journey to parenting freedom! Designed to help you to just "get it" and empowered to take control allowing your child to THRIVE! Enabling you to be calmer, more in control, happy and powerful. Reaching your true potential and able to manage your Highly Sensitive Personality confidently. Written by Kathryn Pearson - a Teen Yoga Teacher and writer, who helps parents of highly sensitive children, teens and young people overcome the struggle and frustration of misunderstanding High Sensitivity. Kathryn is determined to inspire parents, children and young people to develop the confidence and tools so they can develop their Sensitive potential in the highest possible way. Kathryn is passionate about working with and helping parents and teenagers realize their (or their child's) potential as a highly sensitive person. Working one-to-one, in small groups and delivering inspirational talks and workshops, on topics such as High Sensitivity, stress, confidence and self-belief, Kathryn aims to reduce the stress, frustration and confusion of parents and young people face today, being misunderstood High Sensitives in a non-sensitive world. Inspiring and motivating you to believe that High Sensitivity is something which should be celebrated!

What is high sensitivity? How can you tell whether a person is highly sensitive? How does the highly sensitive person experience the world? This little guide offers straightforward answers to these questions – and plenty more that you may have about high sensitivity. With his trademark simplicity and compassion, author James Williams guides you through how it is to be highly sensitive, and the particular challenges and strengths of this personality trait. This is High Sensitivity 101, with clear, 'in a nutshell' information that helps you to understand yourself or someone close to you. And this understanding can make a world of difference. Before recognising high sensitivity, you may be bumbling about in the dark. With this book, you'll turn on the light.

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.

Are you a parent looking for a book that will help you understand your child better and soothe their anxiety? You have come to the right place. This book will show you how to help your child become less sensitive and more resilient. It is not a quick fix but it is very effective in the long term. This book is ideal for parents of any age of children, from babies to adolescents. The information in this book will teach you how to provide the best for your children and also yourself. This knowledge can be applied from infancy onwards and has been proven to be beneficial to both the parent and child. This book covers: - The Most Common Traits of a HSC - The highly sensitive child and behavioral inhibition - From Calm to Explosive: the HSC Anger - Highly Sensitive and Autism: Similarities and Differences - Anxiety under control - Focus on Feelings, Not on Tears - Help Your Child Get a Good Sleep - HS Parent for a HS Child - Preschool Time: Getting Ready for School - Sports and Activities for Emotional Health - A True Inspirational Story And much more! You'll find out why some children are more anxious than others, what strategies you can use to make life easier, as well as methods for using sensory play with your child that can reduce their sensitivity levels. You will also learn how to use the natural stress response system of the human body to help make your child more resilient. The book will give you sound advice on how to support your child's overall health as well as provide you with ideas for the best toys and resources for sensory play. You will Never Stop Using this Awesome Book! Buy it NOW and get addicted to this amazing book

Dr. Elaine Aron's newest book, Psychotherapy and the Highly Sensitive Person, redefines the term "highly sensitive" for the professional researcher and practitioner. She dispels common misconceptions about the relationship between sensitivity and other personality traits, such as introversion and shyness, and further defines the trait for the benefit of both the clinician and patient. Readers will learn to assess for the trait, distinguish it from clinical diagnoses such as panic disorder or avoidant personality disorder, understand how sensitivity may change the presentation of a problem such as depression or shyness, and generally inform, validate, and improve the quality of life for these clients. She pays particular attention to self-esteem issues and helping patients separate effects of their innate temperament from problems due to their personal learning histories. Dr. Aron keeps both patient and practitioner in mind as she suggests ways to adapt treatment for highly sensitive persons and how to deal with the typical issues that arise. Three appendices provide the HSP Scale, a summary of the extensive research on this innate trait, and its relation to DSM diagnoses. Through this helpful guide, therapists will see a marked improvement in their ability to assist highly sensitive clients.

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.

