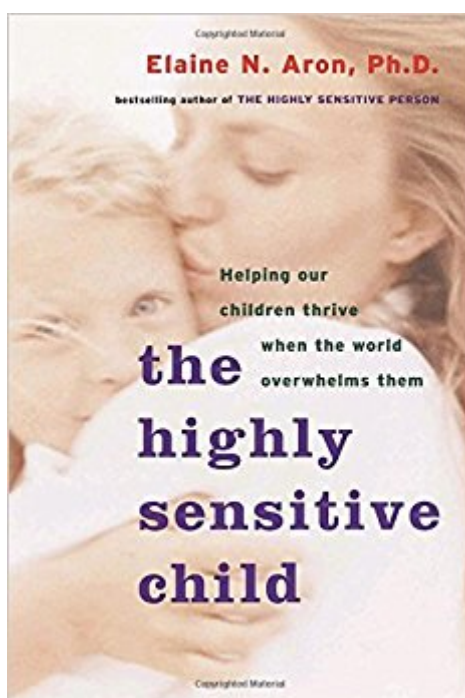


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# The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them



## Synopsis

The bestselling author and psychologist whose books have topped 240,000 copies in print now addresses the trait of "high sensitivity" in children and offers a breakthrough parenting guidebook for highly sensitive children and their caregivers. With the publication of *The Highly Sensitive Person*, 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. Up to 20 percent of the population is born highly sensitive, and now in *The Highly Sensitive Child*, Aron shifts her focus to highly sensitive children, who share the same characteristics as highly sensitive adults and thus face unique challenges as they grow up. Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from and as a result, HSCs are often mislabeled as overly inhibited, fearful, or "fussy," or classified as "problem children" (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults. In this pioneering work, parents will find helpful self-tests and case studies to help them understand their HSC, along with thorough advice on:

- The challenges of raising an highly sensitive child
- The four keys to successfully parenting an HSC
- How to soothe highly sensitive infants
- Helping sensitive children survive in a not-so-sensitive world
- Making school and friendships enjoyable

With chapters addressing the needs of specific age groups, from newborns through teens, *The Highly Sensitive Child* delivers warmhearted, timely information for parents, teachers, and the sensitive children in their lives.

## Book Information

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## Customer Reviews

As a highly sensitive person (HSP) herself and a psychotherapist, Aron is in a strong position to provide guidance to parents who are raising highly sensitive children (HSCs), and provides here a wealth of useful suggestions and case studies. The author, who has studied and written about what she calls "high sensitivity" (The Highly Sensitive Person), states that this is a personality trait that occurs in 15% to 20% of the population. Although HSCs tend to be "empathetic, smart, intuitive, careful and conscientious," they are also easily overstimulated and require informed parenting in order to prevent temper tantrums, stress illnesses and the avoidance of pleasurable group activities. Aron offers helpful advice that will assist both nonsensitive and highly sensitive parents through all stages of their child's development from infancy to adolescence. For example, since HSCs have great difficulty with change, it is necessary to prepare them gently so that they do not feel powerless during transitions. According to the author, there are four basic strategies that will help an HSC to become a happy adult: parents should foster their child's self-esteem, try to reduce the feelings of shame HSCs may develop because they are different, employ only mild positive discipline and learn how to talk positively to teachers and friends about their HSC so that interactions will be productive. Copyright 2002 Reed Business Information, Inc.

"To have an exceptional child you must be willing to have an exceptional child. You have one. And this book will teach you how to raise him to be not only exceptional, but healthy, loving, well-adjusted, and happy." Elaine N. Aron, Ph.D. Praise for The Highly Sensitive Person: 'This remarkable book speaks clearly to highly sensitive people. It gives a fresh perspective, a sigh of relief, and a good sense of where we belong in society.' JOHN GRAY, author of Men are from Mars, Women are from Venus --This text refers to an out of print or unavailable edition of this title.

As an HSP myself, reading "The Highly Sensitive Child" offered invigorating insight into the mind and heart of my oldest daughter, who is also highly sensitive. For many years, she and I have butted heads over nearly everything, and after reading this book, I was both humbled and empowered to reach her in a new way. Dr. Elaine Aron's practical tips in each chapter, particularly

breaking down the developmental age groups, were refreshing, clear, and easy to implement. My husband and I have been discussing, at length, how we can foster our daughter's gifts in a more meaningful way and reframe her sensitivity as neutral, rather than the perceived "bad" that the world defines it as. My favorite aspect of the book included recognizing how highly sensitive children require lots of rest, breaks, and sleep; that they thrive within a routine and usually need help transitioning with life changes; how to help them cope with verbal or social aggression at school; and ways to facilitate conversation with older children or role play with younger ones. Our daughter was bullied in preschool, and my husband and I approached her teacher, to no avail. Had I read this book beforehand, I would have been able to offer concrete solutions on how to understand and help HSCs with the "teacher tips" at the end of the book. Having read "The Highly Sensitive Person" before "The Highly Sensitive Child," I would "highly" recommend both books, especially if a parent suspects that his/her child may be highly sensitive, as well. Both together offer a full picture into understanding oneself and children who may have been labeled "shy" (which is situational), but who are actually just sensitive. A great read for parents and teachers alike.

Was almost done reading when someone was looking at it and lost it! Still upset about that. haha. So definitely had to buy a new one and well, getting more out of it reading again! Perfect book for explaining what a highly sensitive person is. It was like reading my own journal from childhood and set me free of false perceptions about myself and my baby.

Pretty good book. Helps you understand how to be sensitive and kind to your child who may be a little more emotional and sensitive and not react the way the world thinks he/she "should".

This book has been extremely helpful in understanding my child. He is highly sensitive and I've been pretty tough on him the first 4 years of his life. Now I understand what he is coping with and I need to learn how to communicate with him differently.

Even if you don't suspect your child is highly sensitive, you should read this book. Opens your eyes to the way others process and see the world. Helped me change many of my parenting methods, including changing my expectations for how my child should behave. This book encourages you to maintain standards (doesn't say let your children run wild) while showing you how to do it in a kind and compassionate way.

book for parents and those who work with children. The importance of temperament is an important message throughout.

This book helped address many of the issues that my child was and is experiencing. In addition, it made me think about my own highly sensitive traits and how these were addressed when I was growing up. Also, I purchased this book for my child's preschool teacher.

Very informative and helpful to know that you're not alone in this

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