

# Highly Sensitive Children

## A SUPPORT GROUP

**How many of the following statements could you answer "True" to about your child?**

### My child...

- startles easily.
- complains about scratchy clothing, seams in socks, or labels against his/her skin.
- doesn't usually enjoy big surprises.
- learns better from a gentle correction than strong punishment.
- seems to read my mind.
- uses big words for his/her age.
- notices the slightest unusual odor.
- has a clever sense of humor.
- seems very intuitive.
- is hard to get to sleep after an exciting day.
- doesn't do well with big changes.
- wants to change clothes if wet or dry.

### My child...

- asks lots of questions.
- is a perfectionist.
- notices the distress of others.
- prefers quiet play.
- asks deep, thought-provoking questions.
- is very sensitive to pain.
- is bothered by noisy places.
- notices subtleties (something that's been moved, a change in a person's appearances etc.).
- considers if it is safe before climbing high.
- performs best when strangers aren't present.
- feels things deeply.

**IF YOU ANSWERED TRUE TO THIRTEEN** or more of these questions, your child is probably highly sensitive. No psychological test is so accurate that you should base how you treat your child on it. If only one or two questions are true of your child, but they are extremely true, you might also be justified in calling your child highly sensitive. 15-20% of all humans and animals are born with a highly sensitive nervous system. Find ways to work with both the positive and negative aspects of your child's highly sensitive qualities.


This group is based on the book, *"The Highly Sensitive Child—Helping Our Children Thrive When The World Overwhelms Them"* by Elaine N. Aron, Ph.D. The group will include art, stories, games and a short walk to a nearby pre-school/animal farm.

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**Ongoing Weekly Soquel Group. / Sliding Scale, \$15-25 per session**

For more information, or to schedule a free interview, call:

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