



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

By Elaine N. Aron Ph.D.

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## **The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them** By Elaine N. Aron Ph.D.

*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.

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## **Editorial Review**

From Publishers Weekly

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.

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### **Review**

"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*

### **From the Inside Flap**

"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.

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## **Users Review**

### **From reader reviews:**

#### **Joshua Mack:**

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them, you can enjoy both. It is great combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its known as reading friends.

#### **Cynthia Miller:**

Many people spending their time frame by playing outside along with friends, fun activity having family or just watching TV the entire day. You can have new activity to invest your whole day by looking at a book. Ugh, do you consider reading a book can actually hard because you have to accept the book everywhere? It fine you can have the e-book, delivering everywhere you want in your Smartphone. Like The Highly Sensitive Child: Helping Our Children Thrive When The World Overwhelms Them which is having the e-book version. So , try out this book? Let's notice.

#### **Gene Baker:**

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