

The Highly Sensitive Child

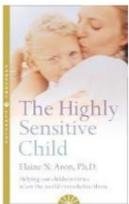
The behaviour specific to a Highly Sensitive child may be overlooked and is often mislabeled as shy.

High sensitivity can generally present itself as feelings of discomfort or distress due to:

- excessive or loud noises
- large crowds
- overwhelming or intense emotions
- bright lights
- irritation from fabric or clothes (the sensitivity to clothes, labels, textiles, noise etc can be referred to as Sensory Processing)

Both my daughter and I are highly sensitive to various things and over the years we have learnt that the opposites of these things can be incredibly calming. It's definitely an up-side, that nothing gives more comfort than the softest of blankets, the squishiest of hugs, or the most peaceful music.

HELPFUL RESOURCES

	<p>The Highly Sensitive Child, by Elaine N. Aron. This book gives great insight into the world of a Highly Sensitive Child. You may be either a Highly Sensitive Parent or not, it doesn't limit the amount of great information you'll find here.</p> <p>Read More / Buy the Book</p>
	<p>Seamless Socks and other products for Sensitive Children. I found this website selling seamless socks many years ago. These socks got us through a very tricky time in my daughter's life, as far as she knew, these special socks were made by Fairies! I only realised the other day, that she is in the habit now of turning all her socks inside out, so they are much more comfortable.</p> <p>Learn More</p>
	<p>Squishies are now an obsession for many primary school aged kids, but it makes sense, especially for those children that are highly sensory. They squish and squeeze the squishy, it feels good and creates a sense of calm. Just ask my daughter she loves them.</p> <p>Find out where to buy</p>