

Helping Sensitive Kids Flourish

Approximately 15 to 20% of kids fall on the sensitivity spectrum meaning they have an enhanced receptivity to sensory stimuli, with a range of senses heightened such as touch, taste, smell, or hearing, or seeing.



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COMPENSATE FOR SENSORY OVERLOAD



Reduce sensory overload, create artificial blinders to increase focus and concentration and assume responsibility to collect the child's attention. Find ways to help them pattern sensory input (e.g., jumping, spinning, fidget items, weighted blanket).

COME ALONGSIDE AND DRAW OUT EMOTION

Come to their side and make room for and invite their emotional expression. Celebrate their differences and don't push them to be like others. Take the alarm out of being unique by valuing it and focus on their strengths and silver linings.



CULTIVATE DEEP RELATIONSHIPS



Take the initiative to collect their attention and convey delight, enjoyment, and warmth. Focus on sameness and listen with full attention. Remember what is important to them and engage them by caring for them in unexpected ways.

HELP THEM ADAPT AND FIND THEIR TEARS

When a problem can't be fixed provide comfort, touch the sadness briefly, reaffirm what cannot change and support the movement towards feelings of lack and loss when they are receptive.



RETREAT INTO PLAY



Play is healing and therapeutic as it puts the brain into a rest and repair mode. It protects the heart and makes it easy to express strong emotion and play naturally regulates sensory input. Transitions can be easier by collecting their attention through songs, games, or laughter.