

## High Sensitivity

### The behaviour specific to a Highly Sensitive person may go unnoticed or may be mislabeled as shy

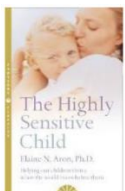


I always wondered why the most regular TV advertisement or news report could send me into tears. I am empathetic, but had no idea that so much of my childhood confusion could be explained by learning that I was a Highly Sensitive Child.

High sensitivity can generally present itself as feelings of overwhelm 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><b>The Highly Sensitive Child</b>, 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><a href="#">Read More / Buy the Book</a></p>
	<p><b>Seamless Socks</b> and other products for Sensitive Kids. I found this website selling seamless socks many years ago. 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><a href="#">Learn More</a></p>
	<p><b>Squishies</b> are now an obsession for many school kids, but it makes sense, especially for anyone that is 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><a href="#">Find out where to buy</a></p>