

*BRENDA'S HOUSE
FAMILY CENTER
WELCOMES YOU!*



SERVICES AVAILABLE:

-PARENT SUPPORT GROUP

-FAMILY TIME

-COPING SKILLS

-RESPITE CARE

-CIRCLE OF SECURITY

PARENTING

-CHILD PARENT

RELATIONSHIP BUILDING

-YOGA CLASSES



GET IN TOUCH

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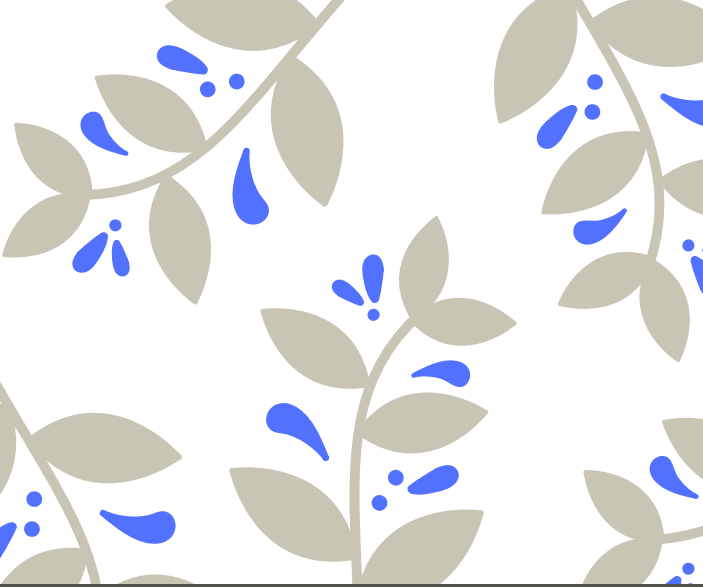
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Parenting Sensitive Children

**BRENDA'S HOUSE
FAMILY CENTER**

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TIPS TO MANAGE YOUR SENSITIVE CHILD

GET TO THE ROOT OF THE PROBLEM

Of course, this is easier said than done, especially when emotions are high and you aren't sure why. The answers will not always be obvious. However, a calm conversation with your child can help you understand what is really going on.

POSITIVE REINFORCEMENT

Focus on the good behaviors instead of focusing on the bad so you are creating a positive environment for your child, and support him or her to make good choices.

SIGNS YOUR CHILD IS HIGHLY SENSITIVE

Timelines/deadlines or harsh correction causes a meltdown.

They ask a lot of deep questions.

They seem to be an "old soul" or very intuitive.

They are hard to get to sleep after an exciting day.

They notice when others are feeling down.

They become bothered by noisy places or repeating sounds.

They complain about scratchy clothing, seams in socks, or labels against his/her skin.

They do not do well with big changes.

They prefer quiet play.

DON'T POINT FINGERS

It is best to avoid pointing fingers and blaming your child for their behavior. Sensitive children are more likely to focus on their shortcomings and blaming and pointing fingers can be damaging to their self-confidence and self-esteem.

ALLOW YOUR CHILD TO SHOW FEELINGS AND EMOTIONS

When children show any kind of extreme emotion, our immediate reaction is to tell them to stop. It is best to accept their feelings and remind them that it is okay for them to be emotional.

TAKE A BREATHER

Avoid reacting in the moment and give yourself some time for a breather. Yoga and meditation are some activities you can do to calm yourself down. This time will allow you to gather your thoughts and make a decision to correct the behavior. Brenda's House Family Center offers yoga classes.

LOGICAL CONSEQUENCES

Logical consequences are those that help children replace poor behaviors with more appropriate ones. Logical consequences are consequences that match the behavior. For example, if your child is playing on the phone or tablet when he or she should be doing homework, a good logical consequence would be to remove the device until homework is completed.