

HELPFUL HINTS FOR PARENTING THE HYPERSENSITIVE CHILD (and any other child for that matter)

- Do not yell!!
- Take the emotion out of disciplining.
- A logical, rational approach works well with the hypersensitive child.
- Think “neutral.”
- Do not directly disagree.
- Go with the flow and take it where you want to go.
- Don’t make it personal.
- You are not responsible for correcting all of your child’s misperceptions.
- Try to feed back what your child is telling you.
- Avoid the use of words like “always” and “never.”
- Provide lots of social feedback
- Don’t rush to judgment. First gather data.
- Model a reflective style.
- Do not rush in to rescue your child. Allow them to problem-solve.
- Avoid the use of negative adjectives.
- Give your child an opportunity to self-correct.
- Fairness does not necessarily mean equality.
- Avoid modeling “automatic disagreeing” for your children.
- State behaviors and consequences in such a way that your children are able to recognize the extent of the control that they have.
- Don’t care so much about your children’s choices.
- It’s okay for you and your child to have differences of opinion.
- All requests must be made in an appropriate tone in order for a positive response to be even considered.
- Let your children know what they need to do to get what they want.
- Most things should be negotiable.
- Make sure that you have your child’s attention when making requests.
- Use precise, detailed language. Avoid ambiguity.
- Avoid lecturing. It’s a major turn-off, especially for teenagers.
- A sense of humor, flexibility, and creativity can help soften the blow.
- Remember, nothing works one hundred percent of the time.