

## Is Your Child Highly Sensitive?

From Elaine Aron's book "The Highly Sensitive Child"

1. T F startles easily
2. T F complains about scratchy clothing, seams in socks, or labels on his/her skin
3. T F doesn't usually enjoy big surprises
4. T F learns better from gentle correction than strong punishment
5. T F seems to read my mind
6. T F uses big words for his age
7. T F notices the slightest unusual odor
8. T F has a clever sense of humor
9. T F seems very intuitive
10. T F is hard to get to sleep after an exciting day
11. T F doesn't do well with big changes
12. T F wants to change clothes if wet or sandy
13. T F asks lots of questions
14. T F is a perfectionist
15. T F notices the distress of others
16. T F prefers quiet play
17. T F asks deep, thought-provoking questions
18. T F is very sensitive to pain
19. T F is bothered by noisy places
20. T F notices subtleties (something that's been moved, a change in a person's appearance, etc.)
21. T F considers if it is safe before climbing high
22. T F performs best when strangers aren't present
23. T F feels things deeply

If you answered true to 13 or more questions your child is probably highly sensitive. If only 1-2 questions were true, but extremely true, you might still be justified in considering your child to be highly sensitive.