

"Cooperation with parents and teachers with the support of Highly sensitive children-educational materials"

by

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Content:

- What should the educator know when there is a highly sensitive child in the group
- How to establish cooperation with parents whose children are highly sensitive
- How the educator to establish cooperation with a highly sensitive child
- The manual for Highly Sensitive Children as a Tool
- The study case of the Highly Sensitive Child "Samra"

What the educator should know when in the group has a Highly Sensitive Child



- What is High Sensitivity
- HSC attaches to an adult (educator)
- When HSC goes to kindergarten he/she usually brings a toy to feel more secure
- Do not play with other children
- Does not engage in group activities

What the educator should know when in the group has a Highly Sensitive Child

- Retreats when it is noisy in the playroom (music)
- Once HSC learns the daily routine he/she immediately gets used to it
- Reacts too emotionally in certain situations and rarely talks about emotions
- They have lack of self-confidence
- Is creative

What the educator should know when in the group has a Highly Sensitive Child

- Asks philosophical, intriguing questions
- It takes HSC a long time to answer a question
- Responds impulsively to physical stimuli
- Other children to get used to the child with high sensitivity

How to establish cooperation with a parent of Highly sensitive child

- The parent often feels fear when his/her child sent to kindergarten, behaves too protectively (the reasons would be: does not know that his/her child is Highly Sensitive, knows that in many situations does not react like "normal" children, feels powerless, humiliated, ashamed, and he/she does not want to talk much about it);
- The educator should concentrate on the child-parent-educator triangle to help the Highly Sensitive Child in the process of socialization and education in the kindergarten;
- The educator should establish open communication with the parent in order to gain the trust of the educator (gaining trust is a long process and requires effort on both sides, because it is not easy for the parent to talk about his/her child and about behaviors that are not common in other children)

How to establish cooperation with a parent Highly sensitive child



- There are different parenting styles
- Inform the parent of any progress in the child's daily activities
- Cooperation with the parent through joint activities within the kindergarten

How the educator to establish cooperation with Highly Sensitive Child:

- In kindergarten HSC must feel safe-creating a positive environment in the classroom
- Its creative
- Building trust is vital
- Positive feedback



How to establish cooperation with a Highly sensitive child

- To emphasize its strengths.
- To use active listening and help him talk about his feelings, (“I”-statement)
- To use activities that will create problem situations - and the teacher will ask the child for opinions, ideas and possible solutions (to stimulate, to support, not to criticize, show respect, talk about the given ideas)
- To teach the child that every cause has its consequence

How to establish cooperation with a Highly sensitive child

- To divide the assigned activities into parts
- Do not compare the HSC with other children
- To avoid a conflict situation, a HC child may sometimes lie
- To apply open-ended questions, the sandwich method, ask three before me method.
- Using of meditation, yoga, self-awareness strategies
- The manual for Highly sensitive child as a tool

The manual for Highly Sensitive Children as a tool

- The manual is a supplement for the educator that will help him/her to use the scenarios that would help the HS child in the process of socialization and acceptance in the kindergarten and school
- Consists of 12 lessons (scenarios)
- The lessons refer to the following areas: strengthening, maintaining self-confidence, building mental resilience, reducing feelings of shame, ability to talk about feelings, self-regulation, wise discipline (protection of personal boundaries)

The manual for Highly Sensitive Children Erasmus+ as a tool

- Each lesson lasts 45 minutes, starting with the letter of the main character in which he describes everyday events that take place in kindergarten / school.
- Children through group discussion, group work, drawing (accessories), etc. learns how to deal with life challenges which happened almost every day
- They are available in 6 languages

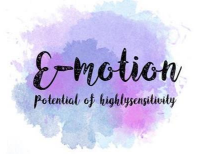


The study case of a Highly Sensitive child “Samra”



- Its about a child who is no longer in kindergarten. Now she has finished first grade
- She stayed in the kindergarten for 2 years:
 - The first year she was coming with her cousin, she was sitting next to her all the time, she was not separated from her during every day . The second year she attached to an educator
 - She did not tolerate watery or dirty clothes and labels on blouses and preferred only certain foods
 - When she was coming to the classroom, she carried her blanket and pacifier with her
 - When she was oversaturated with too much information and requests that she had to fulfill, she immediately "fell" on the floor or walked away to the other part of the classroom.

The study case of a Highly Sensitive child “Samra”



- She did not want to participate in musical and physical activities, often she closed her ears or started crying and shaking
- Activities such as: playing with a toy, talking to oneself, meditation, yoga exercises, working with collage technique and plasticine, constructing with small cubes and puzzles and reading books and encyclopedias calmed her down
- Her strongest side was drawing. She drew in detail, she could draw everything she saw without additional help

The study case of a Highly Sensitive child “Samra”



Deep breathing

The study case of a Highly Sensitive child “Samra”



Time for meditation

The study case of a Highly Sensitive child “Samra”



YOGA exercise



Participate in everyday activities

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Thanks for your attention

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