

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.

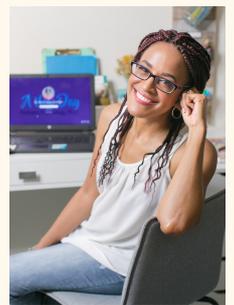


A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Highly Sensitive Child: Is this my child?

*BY: DR. ANN-LOUISE LOCKHART, PSYD, ABPP
PEDIATRIC PSYCHOLOGIST
PARENT COACH
A NEW DAY PEDIATRIC PSYCHOLOGY*



Highly sensitive children have a sensitive nervous system. It is not a diagnosis, but a distinct personality trait for 1 out of every 5 people. This trait reflects a certain type of survival strategy, being highly observant and in tune with one's environment.

Highly sensitive children respond more sensitively to their environment. They think about and process things deeply. These children don't warm up to new situations or people quickly and may appear shy or withdrawn. They are highly empathic and very intuitive, which means they read others quickly. They tend to be easily overstimulated and overwhelmed. They become overloaded quickly. They are often impacted by the opinions of others.

What might this look like?

- Difficulty falling asleep
- Tantrums
- Meltdowns
- Isolation
- Perfectionism
- Test anxiety
- Chronic complaints about body pain
- People pleasing
- Shame and guilt

They have a lot of amazing traits too!

- Sensitive to the needs of others
- A great friend
- Eager to connect
- Highly creative and artistic
- Attentive and thoughtful
- Intellectually gifted
- Highly observant
- Curious and inquisitive
- Comforter of others

It is their superpower and it is a strength. It is NOT something to fix or cover up.



Changing your parenting mindset is really a game-changer in parenting, especially with highly sensitive kids. Admit it. Most of us had a view of how parenting "was supposed to be" or what our child "should" be like.

If you have a challenging, strong-willed, highly argumentative, or inflexible child, parenting is not really fun for you. Many parents don't like to admit their disappointment or regret. There is no judgment here.

There have been phases in my kids' development that I did not enjoy: Sleep deprivation during the newborn phase, tantrums of toddlers, getting out of bed constantly preschooler, talking back to the teacher kindergartener.

Yep. Those are my experiences. A child psychologist and parent coach.

**Join Dr. Lockhart
live on Sat October 24
at 10 AM CST,
"Parenting The Highly
Sensitive Child"
via Zoom**

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Visit www.anewdaysa.com
for more info.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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Pediatric Psychology, PLLC

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It is normal to feel this way....the overwhelm, the worries, the exhaustion. Parenting can be tough. You can make it more enjoyable and fulfilling by shifting your parent mindset.

Parenting a highly sensitive child can be a joy, even a gift. It starts with understanding your child and their personality better. Then, change your parent mindset. Parenting a highly sensitive child gives you the unique opportunity of taking a look at yourself.

You can start the important work of ending generational shame and replacing it with authenticity, vulnerability, and unconditional acceptance.

Need help or support? Call my office at 210-816-4149. Virtual parent coaching available. Do you need specific tips and strategies in parenting your highly sensitive child? Join my webinar this week, Sat Oct 24 @ 10:00 am CST. I will cover all the details and provide you tons of tools and support. Don't miss this! Register at: <https://www.eventbrite.com/e/123949790159>



Dr. Ann-Louise Lockhart
Pediatric Psychologist
Parent Coach



Webinar
Parenting the Highly Sensitive Child
Sat, Oct 24 @ 10 am CST

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