

Dr. Caron Goode Presents

Insights

Into Empathic & Intuitive Children



Parenting Insight



Types of Intuitive Intelligence



Strategies for Fostering Strengths

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Table of Contents

Parenting Intuitive Children	4
Types of Intuitive Intelligence	4
Connection is the key!	5
Doer/Achiever Parenting	5
Nurturer/Harmonizer Parenting	6
Thinker/Analyzer Parenting	7
Creative/Influencer Parenting	8
Review	8
The Need to Cultivate Empathy	9
Empathy Has Been Around	9
Support for Empathic Children	10
Helping Empathic Children Adjust in Families	12
Handle Empathic Children With Love	14
In Emotionally Toxic Homes	14
Help An Empathic Child Self-Soothe	16
How To Connect With An	17
Empathic Child After Distress	17
Helping An Empathic Child Restore Strength	19
I HAVE....	19
I AM...	20
I CAN	20
The Heart, A Stabilizing Solution for Empathic Children	21

Parenting Intuitive Children

Some children who have a specific temperament type, a feeling nature, which could be paired with strong empathy, are highly skilled or gifted specifically in intuitive intelligences in the same way that others have a talent for math or languages.

Intuitive kids *learn through feeling* like other children learn best through looking or listening. They are attuned to their inner rhythms and seem out-of-sync with the rest of their peers. They are creative, entrepreneurial children, influential networkers, friendly, and even charismatic.

On the other hand, they have challenges presented by their temperament. They appear more out of time than in time. They much prefer pleasure and fun and avoid stressful situations if possible.

All children have an innate intuition. Their type of intuitive intelligence could be recognized easily once parents, teachers, and coaches learn to identify and the behavioral signals.

Types of Intuitive Intelligence

Children with intuitive intelligences have traits that manifest along a continuum of normal skills to gifted talents:

1. Children who *learn through feelings* and process information *kinesthetically* are excellent at coordination, motor skills, sports, and endurance. **They have a need to move.**
2. Children who are creative and artistic are driven and influenced by their inner creative states. They listen internally and feel music, play out

- characters in their head, write, and journal privately. **They demonstrate an artistic drive early on.**
3. Children whose intuitive intelligence is *like a radar reading other people's emotions* and understanding them **exhibit *empathy* and interpersonal skills.**
 4. Children, **who have *intuitive episodes*** like dreams or a flash of precognition, are like highly sensitive radars when it comes energy awareness.

Connection is the key!

The task is to understand our children's core temperaments—how they think, learn, and interact with their environment. We don't expect the child with intuitive intelligence to conform to our styles. If they don't understand what we say or respond the way we want, then we disconnect. Our goal is to connect, to honor *how* they learn and process information.

The four temperament types listed below expand on the parenting roles of each type:

1. Doer/Achiever
2. Nurturer/Harmonizer
3. Thinker/Analyzer
4. Creative/Influencer

Doer/Achiever Parenting

These high achievers get things done without much discussion. They are strong role models of leadership for their children. They also model fearlessness and risk-taking.

They expect kids to know how to do something without explaining it, and then wonder why their kids disappoint them. Not always sensitive to feelings of family members, especially children, they might overlook the small achievements, the creative process, or the daily report of school events. They might push kids too hard toward challenges and independence before they are ready.

Strengths of parents who achieve

- Guide an intuitive child in experiential ways through **demonstration**.
- Give an intuitive child the **authority** in situations to learn to deal with responsibility.
- Model **persistence** for a child by sticking with the child to the end of a project or through a fearful situation.
- Invite **participation** in a project with set times for specific tasks.

Nurturer/Harmonizer Parenting

Harmonizers or nurturers like being close to their children and often claim that their children share most everything with them, even their secrets. They are honest and expect honesty. They acknowledge their children and honor their achievements, hurts, awards, and disappointments. They model how to value relationships and cooperation. The harmonizer is not always comfortable with arguing children, blasting music from their teen's room, back talk, rudeness, or interruptions. The disruptions of household harmony, which triggers instability or dishonesty, are challenges for this parent.

Gifts of parents who harmonize

- Teach your intuitive child how to be **centered**.

- Offer nature walks as a way to develop **good feelings**.
- Help your child be **consistent** by setting goals and celebrating accomplishments.
- Use **touch** as a powerful bonding tool.
- Bring your child back to the **present** when she's worried or he's upset with a gentle reminder, "Be here, now with me." You are here. Be present."

Thinker/Analyzer Parenting

Thinkers truly value talking and sharing with their children. From the time their child enters the world, analyzing parents answer all questions and explain events. They are patient in instructing their children in life's how-tos. They might want their children to be experts on a topic or class assignment, making them dig deeper than is needed. Thinkers like perfection. Will their children measure up? The analyzing parent's challenge is to honor their intuitive child's learning style, which is experiential. Can analyzing parents shift from thinking to empathizing? Show them; don't tell them about it.

Gifts of thinking parents

- Help your child **be thorough** by checking his homework, reading instructions carefully by demonstrating these study skills.
- Help your child **be cautious** in his choices by thinking through the consequences. Ask what might happen or instruct in listing consequences.
- Encourage **spirited debate** by brainstorming ideas, discussing issues, and honoring all analyses.
- When an intuitive child loses track of time, **assist them in moving along**, completing the task and responding to their environment.

Creative/Influencer Parenting

The parent, who is also an intuitive, is sensitive to feelings and has ample opportunity to teach the intuitive child about resilience. The influencer may try to escape stress and learn phenomenal coping skills to share. The feeling parent honors emotions and shares empathy without overindulgence. This parent teaches how to be of service and has the opportunity to model respect. This parent's challenge will be to help their intuitive children with structure and boundaries. Intuitive parents and children can be naïve and too trusting, so learning to listen to gut level feelings gains importance.

Sidebar: Gifts of expressive feelers

- Teach your child how to enjoy and **celebrate people**.
- Share how to listen to her body or **natural wisdom**.
- Share **performing service** and kind acts for others.
- Make time-outs a positive experience by sharing an orange, walking the dog, or laughing together **to ease tension**.
- Demonstrate respect for **friendships** and the value of **networking**.

Review

Your parenting style is uniquely your own. Whether you are a doer, a thinker, a harmonizer, or an intuitive in your parenting style, you have gifts to offer a child whose temperament is intuitive.

The Need to Cultivate Empathy

Empathy Has Been Around

Dr. Carl Rogers, well-known psychotherapist and author, was the strongest promoter of empathy, as described in his book, *A Way of Being*. On page 142 he states,

“An empathic way of being with another person has several facets. It means entering the private perceptual world of the other . . . It means temporarily living in the other's life, moving about in it delicately without making judgments; it means sensing meanings of which he or she is scarcely aware . . . It includes communicating your sensings of the person's world . . . frequently checking with the person as to the accuracy of your sensings.”¹

While Roger's emphasis was on the therapeutic relationship, his influence remains consistent for all people in relationships and as parents. When we want to understand our intuitive child, we want to feel what they feel. They interact with the world through feeling because that is how they are wired at the visceral level.

Support for Empathic Children

Empathic children feel their way through the world, and they have acute mental or emotional sensibilities, and they want to be responsive to other people's feelings. Yet, at times, their sensitivity threshold is low. They are often told, "You are too sensitive," rather than being recognized for their gifts of emotional intelligence and intuition.

What a delight when a child is recognized for his gift of empathy! Our friend, [Dr. Minette Riordan](#), shared that when her sensitive son Conner was five years old and entered kindergarten, she went to work in launching a local parenting newspaper, [North Texas Kids](#). One week of every month was pressure filled with newspaper deadlines, and Conner's response was to feel his mom's stress and become distressed also.

Conner ended up getting into trouble at school for pushing another child into a locker. The teacher was clear that he was provoked but expressed concern that Conner, a normally happy, relaxed child, should react with aggression. After a lengthy discussion about what was going on at home, Minette realized that Conner would react to her stress at work by acting out at school.

Minette learned to help Conner through these stressful times by giving him plenty of advance notice about the timing of her busy, upcoming week. She would tell Conner, "I won't be home much this week" or "You won't see me as often this week, but once we get to Saturday, I will have the whole weekend to spend with you." Moreover, Minette realized how her pressure must look to her son. She made an effort to smile more, hugged her son more, and talked to him in calming tones rather than strident tones.

By managing her own stress and preparing Conner, she gave him language and a way to healthfully express his distress at not seeing her enough during that week of the month.

Minette’s story demonstrates what goes on in every household with parents and children. Children feel the parents’ pain, tension stress, or discord—basically the emotional energy of the home that makes everyone uptight and upset. Yes, kids are adaptable, and part of parenting is to soothe and help children learn to soothe themselves. Such interactions are even more necessary for the “sensitive kids.”

For more information on helping empathic children, please see [Raising Intuitive Children](#).

Helping Empathic Children Adjust in Families

Experts agree that happy children share characteristics like optimism and a sense of control. How can parents create a supportive family atmosphere to create successful intuitive children?

- Our support goal for an emotional empath is to strengthen emotional energy, especially of the heart.
- Our second support goal is to empower resilience so they can interact with the environment, not withdraw from it.
- A third support goal is to monitor and maintain an emotionally healthy atmosphere in your home.

An empath's vulnerability can also be their challenge in an emotionally toxic home or a home where emotions are not acknowledged, discussed, or modeled. Sometimes, children living in these homes have to learn to cut off their feelings so they can survive.

The primary home environment provides the first stable space in which an empathic child learns to value personal feelings and how to interpret the emotional atmosphere of the home. Margaret's story shows how a psychic, sensitive, or empathic child can interpret a parent's emotions, and her decision as a child affected her relationship with her father significantly.

Margaret's was empathic, and she came from a large Italian family of seven children. All were talkative and emotionally expressive. Her family had a celebration for Margaret's First Communion day and invited relatives and

members of the church community. It was normal to see the men in her family drinking beer and sometimes wine at these family celebrations.

In the late afternoon, Margaret's observed her father's emotional energy for the first time: "I kept staring at Dad because I had never seen like storm clouds around him before. Usually Dad was all sunshine and smiles. I was seeing my father's aura. His alcoholic haze looked like dark clouds, and his mood was angry. Even though I was used to his booming Italian voice, when his emotional tone changed to anger, his voice matched the dark clouds seen by my young eyes. I was confused and that day was the start of my withdrawal from his energy. Being in touch with his dark stormy emotions made me feel sick to my stomach. My father's alcoholism grew through the years, and our relationship withered."

Rather than Margaret feeling the need to withdraw from her father to feel safe, another option would be to create communication and understanding between them—a path of resilience for Margaret. Research from The International Resilience Project indicates: "A child's own genetic make-up and temperament are fundamental to whether he or she will be resilient. That is, a child's vulnerability to anxiety, challenges, stress or unfamiliarity determines his or her self-perception, how he or she interacts with others, and how he or she addresses adversities." An emotional empath like Margaret needs an adult in the family to model acceptance of other's differences. A mentor, whether a parent, sibling, neighbor or schoolteacher can help sensitive children negotiate adversity by talking about it. For example an adult could help Margaret clarify that her dad only looked foggy when drinking alcohol. How did his energy appear at other times? Perhaps Margaret could have brought to his attention the fact that his children did not respond well to the anger and alcohol mix. Conversations have to happen!!

Handle Empathic Children With Love

In Emotionally Toxic Homes

Is your home emotionally toxic? That is...do you order your kids around, hit them, scream at them, forget to touch them with love, forget to be kind, ignore them when they cry or need you? Among the emotional factors that contribute to negative, even toxic, emotional atmospheres in homes are

- Surprise or intense outbursts from anger or control issues.
- Verbal putdowns
- Psychological bullying,
- Physical abuse, including spanking, inappropriate sexual touching, and harassment.
- Substance abuse and its vampire-like energy drain
- Resentment, lack of respect and inappropriate behavior derived from bullying tactics like pushing, hitting, punching, and knuckling the head.

Any child will buckle under when subjected to such behaviors, and for empathic or emotional intuitives who feel more profoundly than the average child, such behaviors can cripple or devastate. The potential for emotional harm inflicted on sensitive children has far larger ramifications than for other temperament styles.

Take extra care with empathic children for health, immune system strength, and the ability to develop resilience. They must build to be able to stand up for themselves or know when to withdraw. All children need a champion, and empathic children need an especially caring one.

Kellie had two younger brothers, and all three children were close growing up in a single parent household. All three children remember a household of humor, movies and popcorn, long walks and stories at bedtime during their preschool years. Kellie's mother, Leslie, remarried when Kellie was nine years old, and her brothers were eight and seven. The tenor of their household changed from happy to distressful. Their stepfather argued with Leslie, worked at night, and slept during the days, and children felt like they walked on eggshells.

One morning before school, Kellie's brothers wrestled and broke an item in their living room. No one confessed to the crime, so Leslie put all three children in the bathroom, closed the door, and told them if one of them didn't confess, she would have their father spank all three of them.

Well, no one confessed, but empathic Kelly was a nervous wreck after waiting in the bathroom for two hours for her stepfather to come home. Her bladder was full, and when her stepfather walked through the bathroom door with a belt in his hand, she broke down and sobbed. He made each child pull down their pants, lean over his lap, and he spanked them with the belt. Kellie urinated all over him, sobbed, and was in shock.

She turned white and fell to the floor at being assaulted. When she curled into a fetal position, her brothers ran to Leslie to report that something was wrong. Kellie was put to bed where she ran a fever for three days and vomited as if she had the flu. As an adult, Kellie described her impression as seeing the evil in her stepfather and feeling vulnerable when spanked, "I felt like I swallowed his violence, absorbed it like a sponge, so intensely that I fell ill. I had to purge my body through vomiting." I had nightmares well into my teen years of being assaulted again. From that day forward, I hated that man and my mother for the way she dealt with a child's simple mistake."

Help An Empathic Child Self-Soothe

Through empathic touch, you teach an intuitive child to trust his sense of feeling and his body's messages. By pairing touch with empathy you teach the child to calm himself, a trait that every teacher who labels a child hyperactive is seeking. When a child touches his own heart, laying the palm to rest on the chest, he harmonizes his energy and synchronizes the body's rhythm. He brings chaos to comfort and distractions to center.



Holding your child next to your heart is the most effective way to feel strength. Heart-to-heart hugs look like cradling the child in your lap, his back to your chest or kneeling down to your child's level and embracing her heart to yours. Rocking also creates a calm state for younger children. An older child can also place his hand on his heart and settle into the feeling of it for several seconds to produce calm.

Tender loving touch is important throughout one's entire life, especially for the empath. In the developing embryo, a layer of cells called the ectoderm produces the skin and the nervous system. In this concrete physiological connection, touch provides "food" to the nervous system for the human to experience.

Purposeful, empathic touch to regulate and support an empathic child's physiology tells the nervous system to be resilient and calm.

How To Connect With An Empathic Child After Distress

At age ten, empathic Tess experienced a sudden and abrupt disconnect from her mom, which would affect her for the rest of her life. One day her mom was hugging her after school and teaching her how to cut vegetables. The next day, her Mom did not see her, but looked past her with a distant gaze, spaced-out eyes. Mom told Tess that the voices in her head told her to pull the plugs out of the walls.

Tess reported, “Such a rapid disconnection from her mom was worse than losing her mom to death.” Rather than being able to say goodbye, Tess had to renegotiate the emotional environment with her mom, who was very much alive, yet not present.

Tess was empathic. She felt as her mom felt, and had no way to talk about it or understand it. The result was that Tess withdrew, cried, and felt isolated and hurt in her pubescent years.

Tess felt threatened by her mom’s withdrawal. She also loved her Mom, so Tess split her attention in half. One half stayed hidden inside a sensitive heart, protecting and armoring. One half re-learned how to live in a home with her mother’s mental illness, diagnosed as Schizoid Affective disorder. Tess was on constant psychic alert.

Have you ever walked forward in life while trying to watch your back every two minutes? An intuitive cannot sustain the long-term division of attention in a situation such as Tess experienced without negative emotional consequences.

Always looking over your shoulder distorts your attention and creates tension in the same way emotional intensity or trauma strike empathic children. Empathic children will

- Internalize the toxic feeling that they are the burden
- Feel inadequate or unloved and turn the messages into negative self-talk.
- Feel inconsequential, like they have no power or resources in their environment.

These adversarial moments are also brilliant opportunities for developing flexibility and strength rather than being resigned.

Help your children develop habits of coping so they become self-confident and trust their intuitive intelligence.

Tess' therapist had her close her eyes, relax, and go back to age ten when she disconnected from the Mom she knew. Tess felt a giant creature standing beside her left shoulder much like a Wookie character of the Star Wars epics. This imaginary friend became Tess' protector. She could hide behind him to feel safe, and could control her world in this way. This was a resilience creation, which let Tess control her inner world when she couldn't control the outer environment.

Helping An Empathic Child Restore Strength

“A resilient child does not need all these features to be resilient, but one (set of skills) is not enough. Resilience results from a combination of these features.”

The International Resilience Project put forth *A Guide to Promoting Resilience in Children: Strengthening the Human Spirit*. In this book, the author, Goldberg, suggests that children can draw from three sources of **resilience**.

- The first is to know what is available to them.
- The second resource is their inner personal skills.
- The third resource is the action they can take.

The three resources are reflected in statements for each category:

- I HAVE represents what is available in their environment.
- I AM statements reflect the child’s resources.
- I CAN statements represent what the child could do, what action feels right.

Here are examples of statements children could use.

I HAVE....

1. ...a big brother who supports me and loves me.
2. ...my dog, Max, who sleeps on my bed when I feel upset.
3. ...a family loves me.

I AM...

1. ... a sensitive person who likes to help others.
2. ...happy most of the time
3. ...willing to be responsible for what I do

I CAN

1.share my feeling with my parents when I am overwhelmed.
2.shift my moods from sad to happy
3. ...take ten deep breaths to calm down and focus.

The Heart, A Stabilizing Solution for Empathic Children

“Heart Math’s findings point to the human heart as playing a key role in the intuitive process, and a recent study concludes the heart actually receives intuitive information faster than the brain— by a second or slightly more.”ⁱ

Meantime, the empathic, intuitive child reads people’s emotions clearly, senses the underlying feelings, and scans body language and facial features for congruence.

What the empath tunes into may be comfortable or not, which underlies the need for emotional management skills for intuitive, empathic children.

The heart and brain connection starts in-utero. From fetal heart cells grows a neural tube. The brain develops on the other end. Our heart grows connections with the brain and central nervous system and they communicate with each other constantly.

An intuitive child or parent can use the heart energy to gauge clarity of their feelings and how to interpret them.

A calming exercise is a physical activity like breathing or a mental exercise like visualization that helps one relax. Calming is a basic survival skill, an absolute must-have tool for an intuitive child, especially the empath. An intuitive listens to intuition when calm, not rushed. A creative child learns best when he can focus calmly.

A calm heart has a soothing influence on the brain and the whole central nervous system. Intuitive children can calm anxiety, excitement, or distraction easily.

The following three strategies provide a calming influence and help an intuitive parent or child to focus better.

1. Place their right palms on their chests and breathe slowly for several minutes. When they feel the neck and shoulders relax, they've arrived!
2. Touching the heart, imagine an elevator in their heads. They enter the elevator when the doors open, push the heart-shaped button, and feel the movement down through the throat into the chest. The doors open, they step out into their heart and remain there in silence for a while.
3. As a parent, teach your child to find answers in his heart and his head. Show him that logic and intuition are not opposites.

As a teacher, Caron gathered large, flat river stones, and the students in her class either wrote or drew a head on one side and heart on the other. When they had to make a personal choice about studies or peer or family matters, they turned the stone face up on either side, and asked their head or heart as designated. They got to explore two answers: the logical and the intuitive, and then discussed options. This proactive way to help solve a problem is easily used by teachers or parents.

About Dr. Caron Goode, Founder of ACPI



Dr. Goode is the founder of the [Academy for Coaching Parents International](#), a global online school for training successful, parenting coaches in home-based businesses. She is the author of thirty print and digital books, including the international best seller, *Kids Who See Ghosts*, the national award-winner *Raising Intuitive Children*.

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