

# When Everyday Life Feels Like "Too Much" for Your Child



**Some kids experience the world more intensely than others.**

**They may:**

- Have way more tantrums and breakdowns than are age appropriate
- Lose it over socks, seams, or tags
- Cover their ears in noisy places
- Experience emotions with much more intensity than other kids
- Cry easily or seem genuinely overwhelmed in busy environments
- Sense your moods before you even say a word



If this sounds familiar, your child might be highly sensitive, have Sensory Processing Disorder (SPD), or a mix of both.

## High Sensitivity: A Normal Temperament

- Research shows 20–30% of children are born highly sensitive.
- The trait appears in boys and girls equally, and the same ratio is found in over 100 species of animals.
- These kids notice more, feel more deeply and are often tuned in to subtle shifts in their environment.

## Sensory Processing Disorder (SPD)

- Some children experience the world as *too much*.
- Lights are too bright, sounds are too loud.
- Clothing, tags and seams are unbearable.
- Everyday foods can be overwhelming.
- These kids are "over-responsive" to sensory input.



## SPSD: When Both Traits Overlap

Some children are both emotionally sensitive *and* highly reactive to sensory input. Melissa Schwartz calls this **SPSD: Sensory Processing Sensitivity Divergence**.

This term describes "super-sensors" kids who are deeply impacted by emotions and sensory experiences— all at once.



## You Don't Have to Figure This Out Alone

If you're up at night wondering what's going on for your child... if you've searched for answers to no avail... please know there's *nothing wrong with your child*— you just haven't found the right professional to support your family, yet.

Scan the QR code to learn more about SPSPD and get the support your family deserves.



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