HIGHLY SENSITIVE CHILD

Slow-Tech Guide

It's Physiology, Not Willpower:

Meltdowns during screen transitions aren't bad behavior or defiance—they are neurological responses to severe dopamine crashes and sensory overload.

You Are the Anchor:

Highly sensitive children ("Orchid" children) possess finely tuned nervous systems and cannot self-regulate in an environment that is constantly overstimulating. Parents provide the calm, steady grounding they need.

Shift from Timers to "Crowding Out":

Rather than fighting over strict stopwatch limits, focus on ensuring screens never displace vital essentials: sleep, physical movement, and face-to-face connection.

The 10-Minute "Boring Buffer":

Turning off a fast-paced screen creates an instant "dopamine cliff." Always insert a mandatory 10-minute low-stakes landing pad (like Lego, doodling, or a snack) before expecting a transition to homework or dinner.

The Zero-Demand After-School Reset:

Avoid the "How was your day?" interrogation the moment your child walks in. Let the dust settle for 15 minutes with dimmed lights, quiet space, and no chores or homework talk.

The Two-Hour Digital Sunset:

Remove all blue-light-emitting screens two hours before bedtime to protect natural melatonin production and prevent late-night adrenaline spikes.

Want to Help Your Home Breathe?

If your family is caught in a cycle of sensory overload, you don't have to do it alone.

- Explore Our Digital Toolkits: Visit my Orchid & Anchor Etsy Shop for deep-dive guides on sensory sanctuaries and slow-tech boundaries.
- Ready for a Customized Plan? Discover the Orchid & Anchor Intensive—our specialized 5-session consultancy to calibrate your home and restore peace.

👉 Visit www.orchidanchor.com to book your parent intake consultation.

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