10 traits of
PSYCHIC KIDS

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I've talked to lots of parents who want to know, "is my child psychic?"

And the first thing you should know is this: If you have a hunch that your child is spiritually gifted, he or she probably is. Trust your intuition. :)

That said, let's take a look at the 10 traits of psychic kids.

Tip: Your child doesn't need to have all of these traits. Just use this list to get an overall sense of what psychic children are like, and if these characteristics resonate with you.

To your joy,

Jessica
Founder & CEO,
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10 TRAITS OF PSYCHIC KIDS

1. SENSITIVE TO THE ENERGY OF OTHERS

Psychic children are empaths, which means they can feel the emotions of others. This makes them super sensitive to the energy of other people.

For example, if someone is upset, sad, or angry, they can feel it. And because they have not yet learned to work with their intuitive gifts, this can make them feel overwhelmed.

If you think your child is an empath, here is a blog post with two tips for helping them.

2. ARE SENSITIVE TO THEIR SURROUNDINGS

Because spiritually gifted kids feel energy so deeply, they are really sensitive to their environment.

Loud noises or places where there are a lot of people or activity can easily overwhelm them. With their heightened senses, even a loud TV can be sensory overload.

And remember that places have energy, too! Have you ever gotten a wonderful or creepy feeling when you walked into someone's home? Psychic children can feel this energy as well.

Tip: Intuitive kids need quiet time to themselves to recharge every day. Relaxing music, meditations for kids, and writing or coloring can help them feel more relaxed and grounded. Physical activity (such as a trip to the playground) can also help them feel grounded by relieving them of excess energy.
3. PSYCHIC KIDS HAVE GREAT INSTINCTS

You can't fool a psychic kid because their intuition is **spot on**!

They get a sense of who people truly are and can see beyond what's on the surface. They know when someone is lying to them or not being sincere -- and if you tell them everything is fine and it's not, they'll know.

4. TALKS ABOUT SPIRITUAL BEINGS

**Spiritual figures.** Many psychic children feel a special bond with spiritual beings such as Jesus or Buddha.

**Imaginary friends.** You may also find them chatting with "imaginary friends," who may actually be their spirit guide(s)! Spirit guides are loving spirits that assist us on our journey through life.

**Tip:** *It's OK to ask your child questions about their guide, such as their name or what they look like. It's also fun to have them draw a picture of their guide/friend!*

**Loved ones in heaven.** Intuitive kids (especially those under age five) may talk about loved ones that have passed away -- even if they never met them!

5. MAY RECALL A PAST LIFE

Psychic kids will sometimes have memories of their past lives. They may even say something like, "I remember when I was the mom," or give you other indications of a past life.

When my daughter was three, she used to tell me about "taking care of the babies that people couldn't take care of," and "the man would bring milk!"
Two phenomenal books that helped me understand my daughter's past life memories are:

- **Children's Past Lives: How Past Life Memories Affect Your Child**
- **Return From Heaven: Beloved Relatives Reincarnated Within Your Family**

6. **HAVE A SPECIAL LOVE OF ANIMALS**

Psychic children LOVE and cherish animals. Our furry friends are pure bundles of unconditional love. Gifted kids can sense this energy, and are drawn to it.

7. **PSYCHIC KIDS ARE LOVING AND COMPASSIONATE**

Psychic children are extremely loving, kind, and compassionate human beings. (That doesn't mean they never whine or get cranky! :))

People may say that there is just "something" about your child or that they feel happier after spending time with him or her.

Even teachers may have a soft spot for your child and even report that they are a joy to have in class!

8. **PREFER HOME OVER SCHOOL**

Remember the first two traits on this list? Psychic children being sensitive to others and their surroundings?

*affiliate link*
Imagine being that sensitive and having to spend time in a room with 20+ kids and noise all day long. This can cause intuitive kids to be anxious and flat out refuse to go to school.

If you are having this issue, one tip I can give you is to get your child in the habit of taking a bath and putting on fresh clothes after school to wash off all the energy. (In my home, we ultimately ended up homeschooling my daughter.)

9. SLEEP ISSUES

Some psychic kids experience vivid dreams, nightmares, or have trouble sleeping.

Each family handles this in different ways according to what they are comfortable with. My husband and I decided to let my daughter sleep in my bed while he crashed in the spare room so we could all get some rest.

If you're little one is having nightmares, this blog post called Help! My Psychic Has Nightmares may help.

10. PSYCHIC KIDS ARE CREATIVE

Intuitive ability is a right brained function while analytical functions, like math, are left brained. Creative expression, such as art, are also right brained activity. This is why so many gifted kids are creative and highly imaginative!

Now that you know the traits of psychic kids, let's talk about how you can support them. :)

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TIPS FOR SUPPORTING PSYCHIC KIDS

- A great first step is honoring what your kids feel or sense. Try not to brush off their feelings as nothing or coincidence.

- Get educated about intuition so you can really understand psychic feelings and senses (see resources below).

- If your child is feeling yucky after being with a lot of people, encourage them to take a bath to wash off the energy, and change their clothes.

- Don’t wash your child’s favorite "blankie" too often. This washes off the comforting energy that they love.

BOOKS AND RESOURCES

- **Indigo, Crystal, and Rainbow Children** (CD by Doreen Virtue)

- **The Children of Now: Crystalline Children, Indigo Children, Star Kids, Angels on Earth**

- **The Indigo Children: The New Kids Have Arrived** (Highly recommended, this is a classic!)

- **The Crystal Children** (Also highly recommended!)

- **Your Psychic Child: How to Raise Intuitive and Spiritually Gifted Kids of All Ages**

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ARTICLES

• **Being an Empath: 15 Tips to Make It Less Draining** - This article is loaded with oodles of tips that you and your child can use.

• **Two Quick Tips to Help Empathic Kids** - Explains how you can help your child use emotions as "indicators."

• **Help! My Psychic Child Has Nightmares** - Simple strategies to help cope with nightmares so you can all get some sleep!

• **Where Does Intuition Come From?** - The full scoop on exactly how intuition works and where it comes from. A positive, empowering article!

**TALK TO A PSYCHIC**

If it's on your heart to talk to a psychic, you can get more info about doing so by clicking the box below or calling the toll free number.

To talk to a psychic by phone now call *(888) 646-0033* or CLICK HERE* *(15 minutes for $10)*

*affiliate link