

## Some Words About Reflector Children

by Leslie vanWinkle

Greetings,

First of all, if you are the caregiver for a Reflector child and are reading this information and exploring the Reflector nature, then I am assured your child is in the perfect family. Your awareness can make a huge difference in building their self-esteem and confidence, in their creating and maintaining healthy boundaries, and in their developing a solid sense of their own identity as they enter their teen years.

I have prepared this quick report about your Reflector child to help you identify things that you can control or influence that will support the well-being of your young Reflector. The main thing to keep in mind is that the Reflector of any age is unable to filter incoming energy; they absorb it all and amplify it. As adults they can learn to discern when they are being influenced and train themselves to ignore what is not theirs, but children will simply respond to the stimuli.

Early development in humans. In our early years we become grounded in Earth energy, experience nurturing and attachment to others, and we begin to model ourselves after the influential people in our lives.

With adolescence we begin our differentiation and separate process. We question and explore our life direction and meaning. We may set life goals. We start to recognize our own behavior patterns and seek compatible community.

Much of this differentiating activity – and our adult choices - is based on how grounded we were in our early years. We are the result of cumulative early influences, such as how well we felt loved, and how safe we felt in the world and in expressing true ourselves.

Most of us are affected by early childhood traumas that scar us even into adulthood. That is why it is important to understand the child you have been given to raise and protect. The Reflector child is especially sensitive to emotional energy and influences, so this report presents some things parents can do to nurture this precious life.

Your Reflector is naturally empathic to outside influences. Their auric field is porous, allowing all kinds of vibrational frequencies to invade their personal space. They are often highly sensitive to subtle changes in their environment. These can be smells, noises, EMTs, plants, animals, physical energy from people with defined sacras, and emotional and mental energy from everyone.. Thus, creating a soothing and safe physical space for them is very important.

If your child is unhappy or moody, or in any way appears to be less than their naturally optimistic and hopeful nature, look to the people they are spending time with. They are likely picking up on strong emotions being broadcast by someone nearby. In this regard, the Reflector child is doing the job of all Reflectors, by mirroring the energy around them.

They are constantly absorbing outside energy. If your child is cranky or, irritable look first to their bodily comfort. Are they comfortable in their clothes? Did they eat their favorite food? Are they hot, cold, wet, or dirty?

The human aura responds to frequencies beyond our hearing. If their physical comfort has been addressed, then look for invasive frequency energy from television, radio, computers, or noises you might not notice that set their nerves on edge. Remove these influences and see how your child responds. The sound of white noise or water flowing can mask dissonant frequencies.

Look to your own emotional well-being. Even at a very young age Reflector children are absorbing the emotion, physical, and mental energy of the people around them. If you are upset, anxious, unhappy or distressed the Reflector child is going to absorb and amplify that feeling and reflect it back to you by being upset, anxious, unhappy or distressed. This is a case of the Mother putting on her own facemask before she puts the mask on the child. As the caregiver of the highly receptive Reflector, your own well-being is very important.

Social media addiction is problematic for all children. Because social media messages are designed to be addictive and to manipulate and influence young minds, they are especially problematic for children with many open centers like the Reflector. With extended exposure, and especially early age exposure, the Reflector's malleable energy centers can become patterned in ways that inhibit the individual's natural mental and emotional development. Monitor or eliminate exposure to these devices and messages as much as possible. Replace social media exposure with sensory activities like the ones mentioned below.

Provide a variety of sensory activities. Give your Reflector ways to connect to their natural rhythms and senses. Have a bagful of sensory activities like nature walking or going to the beach. Set aside time for creative play like drawing or painting, or playing or listening to music. Let them shape their environment by helping with the cooking or building something, or walking the dog, or planting seeds, weeding or watering the garden.

The aura responds to rhythm and vibration. The heartbeat is the first rhythm of the human body. Breathing in and out in a regular cycle connects us to this very personal rhythm. It is never too early to teach your child how to self-soothe by connecting to their breath and listening to their heart.

Choose music that resonates rather than disrupts. If you need to mask invasive noise, choose music that resonates or replicates the heartbeat. This can be a favorite song the child associates with their own comfort and take with them into their growing years. Children can also benefit from listening to or playing string instruments at an early age as the vibrations can be a natural remedy for jangled nerves. Just remember to keep them in tune! I am a long time rock 'n' roller but I admit that the distorted rhythms and beats of hard rock can override our natural rhythms, and create dissonance and irritability. Discordant rhythms tend to energize rather than soothe.

Make the air smell good. Use essential oils aromatherapy rather than synthetic oils as they can contain toxins. Experiment with a diffuser filling the air with scents of rose-water, lavender, spearmint, juniper, sage, frankincense, or myrrh.

Stability and routines create a trusted environment. Reflector Children do well when they feel secure and safe. Routines and consistency can provide them with this sense of security and safety. They especially need consistency of routines for sleep and waking, eating, study, play, etc.

Transitions can be tough for Reflectors. Because routines and stability help anchor the Reflector child, transitions can cause anxiety. present change. The Reflector needs time to adjust to change. It is helpful to give your Reflector child plenty of warning when things are about to change. They need time to stop their current activity, park it in their head somewhere, open their mind to the new activity and then prepare for it to begin.

For example, create a routine that includes a countdown of activities to get your child to school. This gives them plenty of mental time to adjust to the change while preparing them physically to get out the door. This could be a series of 5-minute tasks – even with a timer or song to make it a game - exchange pajamas for school clothes, put on those shoes and tie the laces, brush the teeth and comb the hair, collect the homework into the backpack, feed the goldfish and say good-bye, then present themselves to Mom for a final check and collect the lunch box. Pat the dog and head to the car. Using a timer can keep them on track – or even a recording with music and instructions to and

Reflectors need time alone. When your Reflector goes into his room and shuts the door, it is probably for this reason. Anytime they are coming out of a stimulating situation, they will need to retreat and discharge all the energy they've been absorbing. They may need to restore their energy with a nap. They may curl up with the cat and read, or daydream or play quietly. Respect this privacy as it allows the Reflector to re-center themselves into their own harmony.

Drafting energy can leave the Reflector child exhausted. The open sacral center does not have sustainable or self-generating energy. This center absorbs physical energy from its surroundings and then amplifies it. Thus, you might see your child play or work harder than any of the other children around them, then collapse into exhaustion and nap for four hours. This is because the open sacral does not know when enough is enough. It literally gets a huge charge of life force from the surrounding defined sacral centers, and amplifies it, going longer and stronger than even those energetic Generators. When they leave that influence they stop drafting life force energy and hit the wall because their own energy is drained. If they become too exhausted, they can become clumsy or injured.

Sleeping and recharging. Reflectors do not do well when they work to exhaustion. They need plenty of rest between activities. If they are not allowed sufficient time to recharge, they can become ill. They do not bounce back like the Generator types. Coming back from a week at camp could put them out of commission for several days while they restore their energy.

Many Reflectors have a wonky sense of time. This can have them running chronically late, or become obsessively early. They wait to the last minute to do things because they need the pressure of a deadline

in order to focus. Sometimes they simply get lost in some activity and disconnect from real time, until someone reminds them that it is their turn to set the table or time to leave for soccer practice. It might show up as a difficulty in prioritizing tasks or assessing how long things will take.. They may need the support of timers so they know when to quit one thing and move to the next thing. The caregiver can use their own experience to help the Reflector child gain a sense of control over time, rather than feeling like they have failed when their project does not get done as fast as they thought it would.

Reflectors can feel overwhelmed and pressured. The open head and root centers are pressure centers. The head takes in ideas from everywhere and feels pressure to figure everything out. The root is an adrenaline center and feels pressure to get everything done. Help your child learn to prioritize and put their energy into only those things that feel good and are doable for them.

Separation anxiety is very real for Reflectors. The Reflector child can appear needy and may have severe separation issues because their self-identity is slow to develop. They may cling to a favorite parent or sibling, even a pet or toy they associate with a protective energy like a grandparent. This clinginess needs to be recognized for what it is: A survival need to stay connected familiar, trusted and protective energy.

At least three big things are going on inside your little Reflector when it comes time to attend kindergarten, or a new school, or stay with a friend or relative, or heading off to camp.

- First, it is a change of environment with the overwhelming influence of totally foreign energy. As they attempt to assimilate foreign energy, they need familiar things to anchor their identity. A tangible thing like a toy or blanket might do for the kindergartner, but to avoid unwanted attention in first grade, it might need to become a scrape of blanket, or be replaced with an anchor like a special rock or key chain.
- Secondly, the transition itself can be stressful, shifting gears from one task or environment to a new task or environment. I've already talked a bit about that.
- But the third aspect is the most important. To the young Reflector being away from their primary caregiver feels life-threatening. The Reflector has an undefined, and therefore very fluid Identity Center. As a youngster, their identity IS their Mom or Dad. They truly are part of Mom or Dad and they act out of that identity. When they are with this person they take their social cues from them. They take their personality traits and preferences from them. Even into adulthood, Reflectors can be drafting the identity of one or more of the important personalities around them.
- As a young child, when this important personality is removed, the young Reflector literally does not know who he is! They can become terrified when the steady energy of their Mom part is gone! It is literally an abandonment from their sense of self. They may not know how to interact with other people without the guidance of their mentor. They may even articulate it as a physical absence, saying things like, "My heart is empty." Or "I have hole in me."

In this light, you can see how the separation of going to school or daycare can be a truly devastating event. Do not rush this child. It may take extra months for them to feel safe and whole in the new environment. Respect their need for consistency and safety. Give them special ways to feel connected, with notes in the lunchbox, or a special charm they can touch to feel connected. Don't dismiss their concerns; they feel very real. Encourage them to talk about their feelings and come up with their own methods to feel more comfortable.

Moving through separation anxiety. The Reflector child connects deeply with the consistent energy of the important people around them. This energy feels familiar and acts as an anchor in the midst of shifting influences. Your Reflector child may need extra one-on-one time with their key person – drafting their personality while they still need it. They mirror this other person and can adopt that person's power and confidence.

When the caregiver understands this linkage of identities, they can use it as a jumping-off place to set the stage for differentiation in the teen years. This groundwork can be done in the preteen years, when the child is more likely to actually sit down and have a conversation and model rational thinking processes.

The caregiver can help the young Reflector with their self-identification process by discussing their own preferences and choices with the child and asking the child about their preferences or choices. It can begin with something as simple as choosing a favorite food that is different. Or choosing their own way to handle an overbearing sibling.

The conversations could sound like this:

“My favorite color is green because I love trees and they're mostly green. What is your favorite color? Why do you like it?”

Or “Sometimes when your brother Tommy gets really loud and tries to make me do something, I pretend I can't hear him right and say nonsense words back at him. Like, “You want pollywogs in your cereal?” I can usually get him to start laughing and stop yelling. “ Does Tommy do that to you? How does it make you feel? What do you do then?”

You are giving your child a gift when you modeling rational thinking as a way to determine their own needs and wants as opposed to the needs and wants of others. If you wait until they hit puberty, they will be too distracted and have difficulty with rational thinking.

Give them plenty of time to make important decisions. Like adult Reflectors, the children need a 28-day cycle to talk about their ideas and feelings while they feel their way toward the right decisions. A child's big decision might be as important as whether they want to live with mom or dad after the divorce, or whether they should cut their hair like their best friend or keep their long hair and learn to braid it.

They need to learn to trust their process and take the time they need to make the right choices for them. Encourage them to be clear about their preferences. Let them talk about any pressure they feel

from others to make important decisions right now! Encourage them to think out if they are wanting to do something to go along with the crowd, or to make someone else feel better.

Give them language to avoid being pressured into making fast decisions. For example, teach them some phrases like “I need to think about that. I need to talk to my dad first. I’ll get back to you on that.” and the all-important “No. If you need an answer right now, the answer is no.”

Reflectors are sometimes too nice. The open solar plexus of the Reflectors creates in them a natural tendency to create harmony. It also leaves them empathic toward the emotions of others. This can cause them to put other people first in order to make others feel good, and at the cost of their own self-interest. If not addressed at an early age, this can tend toward a pattern always saying yes to the needs of others and never learning to say no to preserve their own interests. As a result, they can develop a feeling that their own needs and preferences are not important, which results in low self-worth, low self-esteem and a lack of self-respect that carries into adulthood.

NOTE: Creating and maintaining healthy boundaries is problematic for many adult Reflectors. I am creating a coaching program to address this issue. It will be available in early 2021.

Trying to live up to expectations can lead to feelings of disappointment. The emotional theme of Reflector is disappointment. This child will strive to please others, and when their efforts result in the disappointment of others in their performance, they feel it twice. They feel the disappointment that others have toward them when they do not meet expectations. They also feel disappointment in themselves when they do not meet their own expectations. If you have an expectation of this child, assure them that their effort is a success in itself, and that the result is not as important as their willingness to try things out and learn.

Discipline the Reflector child gently. Remember that this child picks up on emotions and amplifies them. Loud voices and conflict are very distressing to them and can deepen the impact of any correction. If you need to chastise this child, do it after you’ve gotten your own emotions under control. Loud or emotionally charged words you say will impact them deeply and may have effects that stick around for years. Also remember that they seek harmony and want others to feel good, so try to frame your correction in a way that lets them feel like they are adding to the harmony of the situation and the good feelings of others. I should not need to add that physical abuse is devastating to this child, as it would be to any child.

Some last words about your young empath. When you feel the time is appropriate, talk to your child about their empathic nature. Help them understand that this is their Superpower. It will help if you encourage them to talk about events in their day that involve interactions with other people and help them identify how they feel about these interactions. Let them understand that as an empath they will often take on the feelings of other people and feel upset, or sad, or anxious or enthusiastic when their friends feel those things. Reflectors and empaths often seek to avoid confrontation and attempt to create harmony by trying to “Fix” the problem. They may take on the problems of others in order to make them feel better – because when that person is upset, the Reflector feels upset and they want that bad feeling to go away. This is a pattern of rescuing people that you should discourage. It is not the

job of the Reflector to rescue other people from their feelings. Give them language to use instead. Teach them to listen actively – neutrally – and perhaps mirror back what they sense the other person is feeling. For example, they might say “You sound upset. You sound unhappy.” This does not give the other person any permission to hand off the problem, but instead can help them identify their own feelings so they can deal with them. The Reflector needs to be discouraged from assuming responsibility for making the other person feel better by offering to do something to help them.

I hope this report is helpful as you begin to see your Reflector child as they unique being they are. These are just some ideas to help you through normal activities associated with child rearing. There are of course, different aspects of concern when dealing with life changing events such as moving to away from familiar places and faces, or changes in relationships due to death and divorce. In general, if you are mindful of your Reflector’s degree of sensitivity to your emotional health and the health of their environment, you will be doing all you can to help them adjust to the changes while retaining their sense of safety.

Blessings to you. All is well.

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I am here to help you live your sacred journey.

I am a multi-sensory intuitive and empathic Reflector with a 4/6 profile. As a certified Human Design Specialist I read charts for all the types, however the majority of my clients are Reflectors. For these readings I include information on the Incarnation Cross and touch on major life transits when appropriate.

Visit my website at [www.HumanDesign4LifeMastery.com](http://www.HumanDesign4LifeMastery.com) to request your free chart and my eBook “Human Design 101” and book your reading soon.