

# Understanding Synesthesia For Parents

Use the following steps and suggestions to help successfully learn about your child's synesthesia and help them thrive. However, it is important to remember that these are suggestions, and seeking the help of a medical professional is always the best idea.

## BELIEVE YOUR CHILD!

Children with synesthesia are often met by questioning, skepticism and even plain disbelief when describing synesthetic experiences to a parent or caretaker. The first and single most important step in understanding synesthesia is believing a child and their experiences.

## UNDERSTAND THEIR EXPERIENCES

It is important to...

- Know that many children enjoy describing their synesthetic experiences
- Ask your child about their experiences, including perceived colors, shapes, tastes and more
- Remember that the experiences of synesthetes remain highly consistent across time

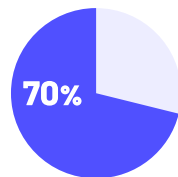
WHAT COLOR  
IS THE NUMBER  
7 FOR YOU?

ADULTS REMAIN  
90% - 100%

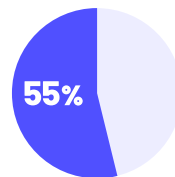


CONSISTENT OVER TIME

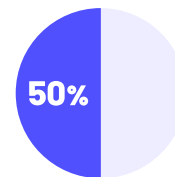
10-YEAR-OLDS



7-YEAR-OLDS



6-YEAR-OLDS



## ASSESS YOURSELF

Current research suggests that synesthesia is likely an inherited genetic trait. If your child has synesthesia, there is a strong chance somebody else among your immediate or family might also be a synesthete, too! There are several ways available for adults and parents to determine whether they might have synesthesia:



Take the Synesthesia Battery Test

### WHAT IS IT?

This battery of tests provides a standard battery of questions, tests and scoring. This test is available to the whole community of researchers and synesthetes for their use in making scientific progress. Your data will be kept entirely private.

SOURCE: <https://www.syntoolkit.org/parent>

## HELP CHILDREN CELEBRATE SYNESTHESIA!

Though synesthesia is relatively rare, it is often accompanied by superior learning capabilities and functions, such as...



MEMORY



CREATIVITY



PROCESSING

### REMEMBER

Children are often open to synesthesia if they find a positive arena in which to experience it

## HELP THEM EXPLORE & HARNESS THE BENEFITS

Help the child learn how to use their synesthesia to their advantage with memory and other systems

- Use colors to memorize characters, numbers and other patterns
- Use spacial patterns to recall sequences
- Use experiences to harbor and exploit creativity

## LET THEM KNOW THEY ARE NOT ALONE

Given its relatively rare nature, synesthesia can often cause children to feel different and alone. It can also be surprising to realize that they perceive the world differently than their peers. No matter a child's reaction to their synesthesia, it is imperative to help them understand they are not alone.

There are several associations and organizations to help provide a sense of community among synesthetes:

### ASSOCIATIONS

American Synesthesia Association  
American Psychological Association  
Synesthesia Toolkit  
Synesthesia Awareness Day



**FOR MORE RESOURCES VISIT:**  
SynesthesiaAwarenessDay.com